



CENTER FOR RECONSTRUCTIVE and COSMETIC SURGERY

INSTRUCTIONS AFTER LIPOSUCTION

Date of Surgery: _____ Time of Surgery: _____

Post-op appt. date: _____ Time: _____

1. You will be given a garment or chin strap, depending on the area of liposuction, to wear after your procedure. You should wear this night and day for the first month, except when showering. It should be worn for an additional month but only during the day.
2. Please change any bandages or dressings daily. Only use them if you need them to protect your clothing from drainage. Bandages are optional once the incisions are comfortable.
3. It is normal to experience swelling and bruising in the area of liposuction. Other normal findings are:
 - Areas of numbness on the skin for up to six months
 - A cherry colored drainage from the incisions during the first few days
 - Redness of the surgical scars for three to six months after surgery (this will slowly fade).
4. Please call Dr. Kaplan's office at the first sign of:
 - Excessive pain associated with pressure and enlargement of the surgical area
 - Redness, foul drainage, or odor from the incisions
 - Fever or chills
 - Shortness of breath
5. It is extremely important that you do not smoke or have any form of nicotine for at least two weeks before and after surgery. Smoking might delay healing or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), Vitamin E, and herbal medications for one week after surgery.
6. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics, and weightlifting (usually three weeks). Also, when returning to more exercise, start slowly and gradually work up to your daily routine. Every patient's schedule to returning to normal activity is different. A general rule is that you will naturally limit your level of activity based on the level of discomfort you experience.
7. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
8. Usually there are no sutures to be removed. You will have a follow up appointment approximately one week after surgery.

Notes: _____

DR. JONATHAN KAPLAN, MD, MPH
(225) 765-7731
Evenings and weekends, call the office number
and ask the operator to contact Dr. Kaplan
or the plastic surgery fellow on call.

**CENTER FOR RECONSTRUCTIVE
AND COSMETIC SURGERY**
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*This information is not intended to replace medical advice of your doctor or health care provider.
Please consult your healthcare provider for advice about a specific medical condition.*