

Nikesh K Patel MD

New Reflections Plastic Surgery

Post Liposuction Instructions

- ☞ After surgery you will have a post surgical garment that you should wear at all times for the first month. This will help optimize your results.
- ☞ 24 hours after your surgery you may remove your garment for brief periods of time only to shower or bathe.
- ☞ You may have dressings placed over your incisions which you should replace if they become soiled until your incisions are healed. Once your incisions are healed you no longer need them.
- ☞ Take your pain medications as prescribed for the first 24-48 hours and then taper them as necessary.
- ☞ It is important that you remain active during your postoperative period. Get up to go to the bathroom, bathe, and get food. This will reduce the risk of blood clots.
- ☞ You may lift up to 5 pounds of weight at any given time for about 3 weeks and then progressively increase your activity to normal.
- ☞ Everyone's recovery varies and you should generally increase your activity base on the discomfort you feel during your recovery. Follow specific directions given during your postoperative visits.
- ☞ Do not smoke, take aspirin, alleve, naproxen, or other medications (prescription, over the counter, or herbal) that may increase bleeding and bruising or increase your risk for complications. Review your medications with Dr Patel.
- ☞ You may experience the following which are normal:
 - Bruising which will resolve in approximately one week.
 - Numbness in operative areas. This will resolve over time.
 - Initial redness of your incisions which will resolve as they heal.
- ☞ Call the office if you experience any of the following:
 - Shortness of breath
 - Fever or Chills
 - Foul drainage or odor from the incisions
 - Excessive pain and swelling of any surgical areas

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