

Home Instructions for Liposuction
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1. Rest as much as possible for the first 48 hours. Sleep with head elevated.
2. Avoid all physical and emotional strain for 14days. Avoid bending over.
3. Do not remove bandage under any circumstances. It is placed for the purpose of preventing fluid from collecting under the skin, which may cause complications.
4. Take prescribed medications as directed. No aspirin or ibuprofen for 1 week.
5. It is natural to have swelling, bruising, and numbness after liposuction surgery. The swelling may be delayed, intermittent, and even irregular.
6. Irregularities may be felt under the skin for some time. This should gradually disappear, but may require some finger massage.
7. Don't judge the results too soon. It takes time for the swelling and bruising to resolve and for the subcutaneous tissues to heal and mature.

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