

PURE PLASTIC SURGERY

Liposuction Post-Operative Instructions

Immediately After Surgery

1. You must come for your first postoperative visit with our staff the day after surgery.
2. Your second post-op visit will be with a surgeon within a week after your surgery.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 10 pounds.
5. Do not take any aspirin-type products for 2 weeks after surgery. ONLY use the pain medication prescribed by the surgeon.
6. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
7. You are only allowed to take a single multivitamin a day.
8. **The elastic compression garment should be worn AT ALL TIMES.** You can remove it only to shower once a day and then replace it as quickly as possible.
 - a. You are allowed to shower starting 24 hours after surgery.
 - b. We recommend 2 garments so you can have a fresh/clean garment to wear while the soiled garment is being washed.
 - c. The compression garment must be worn 24/7 for 6 weeks after surgery.
 - d. After 6 weeks, it is worn at night for an additional 6 months.
9. Your drain must be emptied every 4 hours. The drain is removed within 5 days after your surgery.
10. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
11. You should rest quietly and comfortably for the first 24 hours after surgery.
12. Please limit ALL activities for the first week following your procedure.
13. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least 5 times a day and walk.
14. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
15. You are only allowed to shower for the first 30 days after surgery. You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.

Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum.**
2. Do not drive for 5 days following surgery or until cleared to do so by your surgeon.
3. No smoking is allowed 4 weeks before and 4 weeks after surgery. Hopefully you do not smoke at all.
4. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
5. It is NORMAL to have bruising and swelling to the surgical area. This will gradually improve over several weeks.

6. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.
7. These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

The office can be reached directly at 305-230-4326.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

Coral Gables Hospital
3100 Douglas Road
Coral Gables, FL 33134
305-445-8461

Westchester General Hospital
2500 SW 75th Avenue
Miami, FL 33155
305-264-5252

*If you have a life-threatening emergency please go to the nearest emergency department.