**Post-operative Liposuction instructions**

**Diet**: please avoid salty foods since it can make swelling worse

**Activity**: to help prevent blood clots in the legs please start getting out of bed, walking today. No contact activities to the areas of surgery

**Medications**: If you are not allergic to Tylenol take 650 mg every four hours as needed for pain

If you have stronger pain please use the prescribed pain medication as needed for pain. If you do take the prescribed medication please do not drive or operate any machinery that may harm anyone.

Please do not take advil, ibuprofen, or other non-steroid anti-inflammatory medications (they may cause bleeding or bruising)

Take the prescribed antibiotics written

Resume your previous medications unless otherwise instructed

**Showering**: May shower and get wet starting tomorrow. When showering please test water using a body part that has not been operated on to ensure that the temperature is not hot or cold; using the part that was operated on to test the water may not be accurate since during your procedure local anesthesia was given so the operated body area may not have normal sensation. Soap and water may fall on the wounds. Do not scrub the wounds. No tub bath.

**Dressing changes**: please change the pads as needed. The volume of fluid seepage will initially be high and red. Over the next several days that volume should diminish and the color should lighten. Please wear the compression garment on except to shower.

**Follow up**: please call 210-265-1924 for follow up appointment next week.