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## **Liposuction**

- The girdle must be worn at all times for 1 week except when showering. Remove the girdle at 72 hours postop. You can wash the girdle when showering and replace immediately. Then a form fitting support (Lycra, spandex) must be worn at all times for 5 more weeks, for optimal results.
- Most people experience muscle soreness as opposed to sharp pain for about 4-5 days after surgery. The pain medication we have prescribed should relieve your discomfort.
- It is important to refrain from any strenuous activities for at least 10 days to 2 weeks after surgery. Gradually work back up to pre-surgical activities after two weeks. Avoid heavy lifting of greater than 10 pounds for 6-8 weeks.
- Swelling and bruising are normal expectations following surgery. Bruising could be apparent for as long as 1 month afterward. The bruises will move down your body as they are absorbed. Bags of frozen peas may help to reduce some of the swelling.
- Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. The massage can begin 2 weeks after surgery.
- Some people experience an itching sensation and/or numbness following surgery. This will gradually subside over the next 2-3 months.
- The body retains fluid in response to surgery so do not expect to see any immediate weight loss. In the long run, you will see a change in the way your clothes fit more than a decrease in pounds.
- All incisions are extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use sunscreen with SPF20 or greater for at least 6 months.
- Driving is permitted when you feel able and are not taking pain medication.
- You may walk up steps.