



PLASTIC SURGERY, PLLC

Steve Lee, M.D., F.A.C.S.

LIPOSUCTION INSTRUCTIONS (IN ADDITION TO THE GENERAL INSTRUCTIONS)

PRE-OPERATIVE INSTRUCTIONS

- NO smoking at least 4 weeks prior to surgery.
- NO ASPIRIN or aspirin-containing products for 2 weeks prior to surgery.
- Please have your prescriptions filled prior to surgery.

POST-OPERATIVE INSTRUCTIONS

- Swelling and Bruising: It is normal to become swollen and bruised around the areas treated. This may last for 4-6 weeks. To help reduce this:
 - Wear your GARMENT as instructed. Typically, a garment should be worn at all times except when bathing. It may be left off for no more than an hour a day. Wear your garment for 3-4 weeks or longer, as instructed.
- Massage: Massaging areas treated as deeply as tolerated will help keep areas smooth. Concentrate on firm or hard areas.
- Bleeding: A few drops of bloody drainage are normal and to be expected just after surgery at the incision sites. It is helpful to protect your furniture/bed with towels.
- NO take pain medication on an empty stomach. This can increase nausea.
- Diet: Eat a regular well-balanced diet. Drink SEVERAL glasses of water a day after surgery.
- Activity: Rest for the first 24-48 hours. NO strenuous or heavy lifting for 3-4 weeks. Walking and gentle exercise is permitted.
- Bathing: You may shower the day after surgery, but NO bathing in a tub.
- NO driving allowed until instructed by your physician (usually one week after surgery).

NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- If you develop a temperature above 101.5° F.
- If you have bleeding, excessive swelling, or pain not relieved with your pain medicine.
- If you develop redness (like a sunburn) on your skin.

PLEASE CALL THE OFFICE AT 718-395-8118 IF YOU HAVE ANY QUESTIONS OR PROBLEMS.