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**Patient Name:** \_\_\_\_\_

### **After Surgery Instructions – Liposuction**

Remember: Liposuction surgery is serious surgery and will place a significant stress on your body. Allow yourself the time to limit activity and avoid stressful situations for at least one week.

#### **Do's**

1. You may remove your compression garments and your dressings to bathe or shower in 48 hours from your surgery. Compression garments are to be worn at all times when you are not bathing.
2. Take your pain medication as discussed with your Doctor.
3. Drink at least one to two quarts of water, orange juice, Gatorade, Sportade or electrolyte type fluids every two hours for at least 5 days.
4. Wear loose fitting clothes and place protective coverings on your bed and furniture to absorb after surgery leakage from your incision sites. This leakage may last for about 3 days.
5. Eat regular foods after the effects of nausea from anesthesia have worn off. This takes about 24 hours.
6. Sleeping with pillows behind your head and knees will make sleep more comfortable.
7. Applying coolness to the operated areas in the form of ice packs, frozen corn or peas in bags will help reduce swelling and pain. Do this hourly while awake for at least 36 hours.
8. Continue taking your regular before surgery prescription medications.
9. Sex and intimate relations are fine after about one week.
10. Call your Doctor with any questions or problems you may have.

#### **Don'ts**

1. **Avoid** heavy activity and exercise for one week.
2. Do not shower alone the first time after the operation.
3. Avoid alcohol during the period that you are taking the pain medications.
4. No driving while taking the prescribed pain medications.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_