



SUCTION LIPECTOMY/LIPOSUCTION DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- It is normal to have a lot of drainage
- You may use super absorbent maxi pads under your girdle to absorb drainage
- You may also want to place plastic on your bed or where you rest
- Wear your girdle at all times for 4-6 weeks, ONLY remove for bathing
- If liposuction on the neck, keep your head elevated on 2 pillows while sleeping or resting. Do NOT lie on either side of your face.
- If a follow up appointment was not made the day of surgery, please call the office to make one

ACTIVITY

- Bed rest for 24 hours
- Do NOT shower for 24 hours
- NO sun exposure for 3 months, to prevent darkening of the skin around your scar

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Increased swelling, redness and/or heat at operative site

Call Dr. Harvey with ANY problems that concern you: Phone # (843)722-1985. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature