



# INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY  
COSMETIC SURGERY

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## Liposuction

**Dressing** - Starting the morning after body liposuction surgery, wear the supportive garment full time (24 hours) the first three weeks and half time (at least 8 hours) for the next 3 weeks. Remove the garment a few times daily to be sure that the skin is not folded or creased in an unnatural position. Remove the garment when showering (DO NOT take baths, only showers). Your garment should be washed and dried daily to avoid infection. For facial and neck liposuction, wear the elastic supportive garment full time (24 hours) the first week and then half time for one month or as tolerated.

**Sutures** - Dissolve in about two weeks.

**Wound Care** - Punctures may be cleaned with diluted peroxide and coated with antibiotic ointment until healed.

**Activity** - Increase activity as tolerated, overexertion may cause increase in swelling. Normal walking and routine daily activities may resume the day after surgery but soreness throughout the operative areas should be expected.

**What to Expect** - Swelling and bruising is normal. There will be quite a bit of drainage the first 24 to 48 hours. The heaviest drainage normally occurs the first 12 hours and is normally blood tinged in color. Drainage should begin to taper off significantly after 24 hours. Pads may be taped over the puncture sites and worn under the compression garment during the heavy drainage period. Use an underpad over your bottom sheet and one between you and the top sheet to protect your bed from drainage.

**Weeks 1 through 4** - Areas treated may feel rigid or hard to the touch until swelling subsides. The skin may also feel itchy or numb. Areas that have become thickened or firm may be massaged several times daily to soften and improve the result. Final results may not be evident for up to six months or longer.

**Please Purchase these items from your local drug store before surgery**

Assurance SL Underpads 23" x 36, Polysporin, Peroxide, Paper Tape,  
Maxipads (to cover incision sites), Prescription medication