

HEARTLAND PLASTIC —| & HAND SURGERY |—

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INSTRUCTIONS FOLLOWING YOUR LIPOSUCTION

ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE

1. If you were placed in an Ace Wrap at the time of surgery, please leave the initial dressing on until your first office visit, at which time we will change the dressing for you.
2. You will experience some bruising and swelling, a feeling of tightness and possibly changes in nipple sensation.
3. You may experience some pain for the first several days after surgery. Do not hesitate to take the pain medicine as prescribed. Remember this may make you drowsy.
4. **DO NOT TAKE ANY ASPIRIN OR ANTI-INFLAMMATORIES UNTIL INSTRUCTED TO RESTART THEM BY YOUR PHYSICIAN.**
5. Wear a stretch-type sports bra with no underwire 24 hours a day, except when showering, until given approval to discontinue. A dry gauze bandage may be used over the incision for comfort.
6. You may shower and wash your hair 2 days after surgery or after the initial dressing is removed. You will have small paper strips along the incision lines for extra support. You may get these strips wet with soap and water, but do not scrub over them or try to remove them.
7. You will feel tired. This is a common side effect from the anesthesia and the surgery. It may be several weeks before your energy level returns to normal.
8. You should not drive until comfortable.
9. You should NOT do any heavy lifting, high reaching, vacuuming or strenuous activity, such as exercising for 3 weeks after surgery.
10. **SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR:**
 - a. Temperature over 101 degrees Fahrenheit
 - b. Any increasing pain or swelling after the first several days
 - c. Any increasing redness in the area of liposuction
 - a. Any sudden shortness of breath or chest pain