

**NADIA BLANCHET, M.D.**  
**804-320-8545**

DISCHARGE INSTRUCTIONS FOR LIPOSUCTION

- Your incisions may leak a fair amount of bloody fluid after surgery. THIS IS NORMAL. Try to wear your compression garments as much as possible in the first week or two and as is comfortable after that.
- You may shower the next day after surgery.
- Please expect to be swollen and bruised after surgery. This will subside over time.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please walk a little bit every day after your surgery. However, you should not do any strenuous exercises for 2 weeks after surgery. After 2 weeks you can resume your usual exercise routine, unless otherwise instructed by Dr. Blanchet.
- Please do not take your medications on an empty stomach as this can cause dizziness and nausea. Also, be aware that all pain medications can cause constipation.
- Please avoid ASPIRIN substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery, as this will increase your risk of bruising and poor healing.
- You may take “over the counter” Ferrous Gluconate (325mg) 2x daily x1 month if you have significant bruising.
- You may find when you get home that you have gained weight after surgery – this is simply from the IV fluids and will resolve in about 2 weeks.
- You will see a gradual improvement with liposuction that actually continues for 4-6 months after surgery.
- Please do not apply any creams or lotions to incision until cleared by doctor.
- The use of over the counter laxatives or stool softeners (colace) is recommended post-op while taking prescriptive pain medicines.
- Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month post-op or until you are completely healed.

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS, YOU CAN REACH THE DOCTOR BY CALLING (804) 320-8545. IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY