

**DISCHARGE INSTRUCTIONS AFTER LIPOSUCTION**

- Your incisions may leak a fair amount of bloody fluid after surgery which is normal. Try to wear your compression garment as much as possible in the first week or two. After that, you may wear it as needed. You may shower the next day after surgery. Please do not apply any creams or lotions to incisions until cleared by the doctor.
- Please expect to be swollen and bruised after surgery which 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 your surgery. After 2 weeks, you can resume your usual exercise routine, unless otherwise instructed by Dr. Blanchet.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive. Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- Please avoid ASPIRIN, Advil and Ibuprofen or any of the medications listed on your pre-op sheet for 2 weeks after your surgery, as these will increase your risk of bruising and poor healing.
- 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 continues for 4-6 months after surgery.
- Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking or using any nicotine products or replacements for at least one-month post-op or until you are completely healed.
- **PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.**

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PATIENT'S SIGNATURE

\_\_\_\_\_  
DATE

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CAREGIVER'S SIGNATURE

\_\_\_\_\_  
DATE

