



Surgical Artistry

4754 Dale Road
Modesto, California 95356
Telephone (209) 551-1888
Fax (209) 551-5662
www.SurgeryToday.com

T. Tammy Wu, MD – Board Certified Plastic Surgeon
Calvin Lee, MD – Board Certified General Surgeon

Acupuncture · Botox · Breast · Cellfina · Liposuction · Facelift · Eyelids/brows · Obagi skin care · Spider Veins

Liposuction Postop Instructions for Dr. Tammy Wu

Liposuction is a very common procedure that can help improve the overall contour of the areas being treated. You will be sore after this procedure and you must be aware that you will be wearing a compression garment for 6 weeks after surgery. The garment must be kept on to keep the areas compressed to optimize the overall outcome of the surgery. Keep in mind the incisions are usually steri-stripped but not sutured in order to allow drainage of the excess fluid following surgery. This drainage will help to minimize swelling, bruising, and pain. The instructions below are crucial to optimize your outcome and contour following surgery.

1. You cannot drive yourself to the first postop appointment. You must be accompanied by a responsible adult and they must stay with you for the first 24-48 hours after surgery.
2. Elevation is important. You should keep the areas elevated as much as possible when applicable and possible. This will help decrease swelling.
3. Please keep your dressings clean, dry and intact until your postop appointment unless otherwise instructed by Dr. Wu.
4. Your compression garment is to stay on for 6 weeks following surgery, except when showering. We recommend Caromed (**caromed.us**) and Marena (**marena.com**) to purchase your medical-grade compression garments.
5. For 3 weeks after surgery, avoid vigorous activities, contact sports, heavy lifting (over 5lbs) and bending over. Minimize stress in the treated areas. You may resume exercises 3 weeks following surgery **if you had only liposuction surgery and no other combined surgeries**. Try to stay calm and minimize excitable activities. Do not raise your heart rate during this postoperative phase.
6. No bathtub, but showering is ok no earlier than 48 hours after surgery.
7. Please note that it's common to have contour irregularities or strange indentations initially after surgery. You are not going to see the final outcome of the surgery typically for 6 to 12 months after surgery.

Important things to remember:

- Avoid swimming of any kind including pools, lakes, oceans or hot tubs for 6-8 weeks.
- Make sure you drink enough water and stay hydrated, eat well, sleep well, and always listen to your body at all times so you can heal well.
- Flu, allergy and vaccine shots must be 6 weeks prior or 6-12 weeks post. No tattoos including microblading 4 weeks prior and at least 6 weeks post surgery.
- Discontinue alcohol 2 weeks prior to surgery and 6 weeks after surgery. Do not smoke or drink during the post op period.
- Do not start any of the new medications we prescribed prior to surgery. Please use the pain medications and antibiotics as prescribed. The prescriptions are typically electronically faxed to the pharmacy of your choice prior to surgery at the preop appointment.