

## **Post Operative Instructions For Liposuction**

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You will have several small incisions, which may drain fluid for the first 24-48 hours. This fluid is usually blood tinged and will resolve quickly.

You may want to lay or sit on towels to protect your furniture from the drainage.

You may use Maxi pads over your small incision sites to help with the drainage. You may change these as needed when they become saturated.

You will be wearing a garment home from surgery please leave this on until the next day when you may remove it to shower. You may also wash the garment. It is to your benefit to wear the garment as much as possible, especially for the first 2 weeks. Wear the garment for 11 hours on and 1 hour off each day.

Please continue to drink several glasses of water per day after surgery. You may eat whatever you can tolerate.

Expect the bruising to last up to 6 weeks, depending on your surgery.

Begin to massage areas as soon as can be tolerated, concentrating on any firm/hard areas. This will help your result.

Please refrain from any High Impact exercise for approximately 4-6 weeks and definitely not while wearing your compression garment.

You should expect to wear your garment for at least 3-4 weeks.

Please call the office or Cyndi if you have any questions.

Call the office if you develop a temperature or have any concerns that need immediate attention.

You will need a follow up appointment with Dr. Johnson in 1 week. Please call the office to make arrangements.