



# LIPOSUCTION lift Aftercare Instructions

## AT HOME AFTER SURGERY:

- Have someone stay with you for **24-48** hours after surgery to assist you, as you may feel weak and tired initially.
- Walk frequently starting day 1, keep your legs elevated when resting, and take deep breaths to prevent complications like blood clots.
- Start with a liquid diet, progressing to soft foods, and resume a regular diet **1-2 days** after surgery.
- Expect muscle soreness for **5-7 days**. Take prescribed pain medication regularly as directed to manage discomfort.

Avoid strenuous activity for **3 weeks**. Keep heart rate under **100 bpm**. Gradually increase light mobility starting week 2.

- Do not lift anything over 10 lbs for **3 weeks**.
  - Wear the compression garment at all times for **2 weeks**, then only at night for 2 more weeks. It can be washed and air-dried.
  - Swelling and bruising are typical and may last up to **3-4 months** as it slowly resolves. Massage starting at 2 weeks can help.
  - Incisions are sensitive to the sun. Use **SPF 30 sunscreen** on them for 6 months.
  - Numbness, itching, hardness, and bruising around treatment areas are normal and typically resolve within **2-3 months**.
  - If you develop concerning symptoms like fever over 101F, redness, or increased pain at incisions, call your surgeon immediately.
- Lymphatic massage therapy starting at 3-4 weeks post-surgery for **2-3 times** a week for **3-4 weeks** can help enhance lymph drainage and resolution of swelling.

## Post-operative timeline and instructions for liposuction

### Week 1:

- Wear compression garments 24/7 to reduce swelling and promote healing. Only remove for showering.
- Keep incisions clean and dry. Change dressings daily.
- Apply antibiotic ointment to incisions.
- Take prescribed pain medication as needed. Use Tylenol for mild discomfort.
- Drink 64+ oz of water per day and eat a high-protein diet.
- Take short, gentle walks around the house to prevent blood clots, as tolerated.
- Do not lift anything over 5 lbs.
- Do not resume exercise or strenuous activity.

### **Weeks 2-4:**

- Continue wearing compression garments during daytime hours.
- Keep incision sites clean. Inspect for signs of infection like redness or pus.
- Bruising and swelling should start subsiding. Use cold compresses if needed.
- Increase mobility with more extended, gentle walks.
- May resume light activities like cooking and working at a desk.
- Avoid straining or stretching the treated area.

### **Weeks 4-6:**

- Compression garment only needs to be worn at nighttime.
- Bruising and swelling should be significantly diminished.
- It is expected that stitches will dissolve or need to be removed around week 5.
- May resume light cardio-like walking outside after 4 weeks.
- Avoid weightlifting or high-impact exercise until 6 weeks.
- Massage and lymphatic drainage can help continue reducing swelling.

## Pain Management:

- Take prescribed pain medication regularly for the first 5-7 days after surgery to stay ahead of pain. Follow dosage instructions carefully.
- Over-the-counter options like acetaminophen or ibuprofen can be used for mild pain after the first week.
- Use ice packs in treatment areas for 10-20 minutes several times a day to reduce pain and swelling.
- Call your surgeon if the pain is severe or not improving with medication.

## Swelling and Bruising:

- Swelling, firmness, and moderate bruising in treatment areas are normal after liposuction. It may take several weeks to months for the body to heal.
- Notify your surgeon if the swelling is severe, spreads, or is accompanied by excessive warmth, redness, drainage, or fever, as this could indicate an infection or other complication.
- Wear your compression garment, massage treatment areas, stay hydrated, and use cold compresses to help minimize swelling. Keep areas elevated when possible.

## Activity Restrictions:

- Avoid any strenuous activity or exercise for 4-6 weeks after liposuction or until approved by your surgeon. Exercises such as weightlifting, running, and aerobics fall under this category.
- Walking and light mobility are encouraged starting 1-2 days after surgery to prevent blood clots. Increase distance gradually each week.
- Try not to lift anything heavier than 10 pounds for at least 3-4 weeks. In addition to groceries, children, and laundry baskets, it includes all of these items. Feel free to ask for help if you need it.
- You may resume low-impact activities like light housework, cooking, desk, and work after 2 weeks. Listen to your body and rest when tired.

## Diet and Hydration:

- Drink at least 8 glasses of water daily to support healing and reduce swelling. Avoid alcohol as it causes dehydration.
- Eat a balanced, healthy diet rich in lean protein and fruits/vegetables to provide the necessary nutrients for recovery. Avoid salty foods, which can worsen swelling.
- Take fiber supplements if constipated from pain medication. Stick to gentle, low-fat foods if you have diarrhea.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

#### Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.





## International Care, Local Comfort

Get in touch:

