



## Liposuction/SmartLipo Instructions

1. There should be minimal discomfort. If pain persists even after taking your pain medication, please contact the office. The treated areas can remain numb for up to 4 days.
2. As recommended, use cold compresses (a bag of frozen peas or corn) over the affected area(s) six times per day as tolerated. This will help with any bruising and swelling.
3. Eating fresh pineapple for several days before and after the procedure decreases bruising.
4. If your incision lines are not covered with a dressing, apply only a TINY amount of antibiotic ointment on the incision lines with a Q-tip. You may clean the incisions with hydrogen peroxide on a Q-tip if needed.
5. Wear your compression garment for the first 24 hours. After that you may take it off and shower. It is recommended that use Spanx, Under Armour, or some other type of form fitting garment for the first 6 weeks.
6. You may have blood tinged drainage from your incisions. This is normal and may last for 3 or 4 days. You may place gauze sponges inside your garment to absorb any drainage.
7. Please start light exercise the day after the procedure and progress as tolerated.
8. Do not immerse (pool, bath, ocean, etc.) the treated area for 2 weeks following the procedure. If you need to immerse the area, place waterproof dressings over the ports. It is ok to shower.
9. **DO NOT TAKE ANY CHANCES!!!!** Please do not hesitate to contact the office if you are concerned about anything you consider significant.