

**Joshua A. Greenwald, MD, FACS**  
**Cosmetic Surgery Associates of New York**

**LIPOSUCTION POSTOPERATIVE INSTRUCTIONS**

- 1) Please have someone available to drive you home from the office and remain with you the first night after surgery. **You do not need medical care, only "TLC."**
- 2) After surgery, you will have bandages covering the small incision sites. On top of the bandages will be a garment or binder depending on the treated area. The garment will be snug and is used to provide gentle pressure to the treated area to help minimize swelling and bruising. Expect to have significant drainage from the incision sites for the first 24-48 hours. **THIS IS NORMAL.**
- 3) It is OK to shower 24 hours after surgery. After you shower, cover the puncture sites with bandaids and replace the garment. You may want to have someone assist you with your first shower.
- 4) Avoid strenuous activity for at least one week after surgery.
- 5) Wear your garment 24 hours a day (except to shower) for 1 week after surgery and then at night for an additional 2 weeks.
- 6) It is normal to have swelling and bruising for several weeks after surgery. Remember everyone heals differently.
- 7) Avoid direct sun exposure for several weeks after surgery.
- 8) Drink plenty of fluids. It is easy to become dehydrated after surgery.
- 9) **You can drive yourself when you feel it's safe and comfortable.** If you feel a little stiff, you may have difficulty doing the things you need to do when driving. Play it safe and use your own judgment. You cannot drive if you require pain medications other than Tylenol.
- 10) Avoid direct sun exposure to your abdomen after surgery.
- 11) **Call Dr. Greenwald immediately if you experience any of the following: Fever > 101.0, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling.**

**Above material are general guidelines.** Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you by Dr. Greenwald and modified to your particular case.

**FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN  
9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-421-0113**

