

## General Instructions for Recovery after Liposuction

1. Stop smoking/vaping/using nicotine products at least 6 weeks prior to surgery and for at least 4 weeks after. Cigarette smoke decreases the oxygen delivery to tissues trying to heal after surgery, and nicotine decreases blood flow to fragile tissues. This can harm the healing process and cause significant complications. Talk to Dr. Owens about your smoking/vaping habits and develop a plan to quit that allows you to minimize problems after surgery.
2. Please avoid aspirin-containing or ibuprofen-containing medications for at least 2 weeks prior to surgery. These medicines may increase your risk of bleeding. Other medications and supplements to avoid include high dose (greater than 800 IU/day) vitamin E, ginger, turmeric, ginkgo, garlic, ginseng, St. John's wort, cumin and others. If in doubt, please hold any non-essential supplements for 2 weeks prior. Please be sure to discuss all prescription and over the counter medications with Dr. Owens.
3. You may be given prescriptions for pain medication, anti-nausea medication, and antibiotic to be filled prior to surgery. Please have these filled and ready at home so you do not need to stop at the pharmacy after surgery. If you use any type of hormonal birth control method, it is important to know that antibiotics may interfere with their effectiveness and an alternative birth control method should be used for the entire cycle that is affected.
4. You should use ice to the treated area to minimize pain, swelling, and bruising. It is a good idea to have some ice packs in your freezer and ready for your return home, as you will appreciate having backup so that you can have the ice on for 10-20 minutes with breaks of 5-10 minutes between. After the first 48 hours, many patients still find ice to be an effective way to manage discomfort.

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[avalonplasticsurgery.com](http://avalonplasticsurgery.com)

Breast Augmentation  
Tummy Tuck  
Eyelid Surgery  
Facelift/Browlift  
Breast Reconstruction

Breast Lift  
Liposuction  
Body Contouring  
Breast Reduction  
Botox/Fillers



5. You will have small incisions that are covered in tape strips, and it is normal to have some drainage from these sites in the first day or two. Heavy pads are used over these areas inside your compression garment to absorb any drainage and should be changed as needed.
6. You will have a compression garment applied to the area treated when you wake up from surgery. This may be removed for showers after 24 hours. Compression should be worn for between 3 and 6 weeks depending on the extent of your procedure, but you may remove it for short periods if desired. Most patients find they are more comfortable and get better results if they wear the compression regularly for the first few weeks. You will discuss this further at your post op appointments with Dr. Owens. The garment may be washed in cold water or on delicate cycle, but please air/line dry.
7. Most patients find that while they are sore, the pain is manageable primarily with over the counter medicines. You may use acetaminophen and/or ibuprofen dosed according to package instructions provided you have no contraindications to their use.
8. You should expect to take at least a day or two, and as much as a week off work depending on your physical duties on the job. You should walk daily, and elevate the affected area as swelling of the legs and arms is common in the first week. You may drive as soon as you no longer require prescription pain medication. Light cardio exercise may be resumed by the second or third week, but please refrain from strenuous, high intensity or impact activities for at least 4 weeks after surgery. A gradual return to unrestricted activity is recommended.
9. Please call the office or Dr. Owens directly if you notice any increased drainage, redness, rash, or if there is localized swelling beyond what is expected.

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10. Most patients will notice swelling resolving after 2 weeks, but final result is not appreciated until approximately 3 months after surgery.

If you have any questions about your recovery that have not been addressed, please call the office for further instructions, 410.747.2020

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