



CANADIAN PLASTIC SURGERY CENTRE

LIPOSUCTION SURGERY **POST-OPERATIVE INSTRUCTIONS**

- Recovery from liposuction varies from patient to patient, based on the location and extent of the treatment area. While discomfort, drainage and bruising are expected for 2-4 weeks after surgery, always make sure you are wearing your compression garments, which will help expedite healing (especially the swelling) and aide in producing smooth contours in the surgical area.
- The pain medication prescribed to you will either be oxycodone, Percocet or Dilaudid (hydromorphone). You can take 1-2 tablets every 4-6 hours as needed. Please also take Colace, a stool softener, while you are taking narcotic medications to prevent constipation.
- General discomfort is at its most intense in the first couple of days following the procedure. Over the first 2-3 weeks, soreness in the muscles and the skin will dissipate. The pain experienced is equivalent to a rigorous workout or sunburn. However, this timeframe may be longer if more areas are treated in a single liposuction procedure, since the body will require more time to heal.
- Swelling is expected in the treated area from liposuction solution becoming trapped underneath the skin. This solution often causes inflammation, swelling discomfort.
- Please ensure that you wear your compression garments provided at all times (day and night) for 6 weeks.
- Deep breathing, and occasional cough and walking is encouraged. Especially during the first 2-3 days after surgery.
- Don't overexert yourself for the first week after surgery.
- Your stitches will be removed about 1 weeks after surgery.

*If you have any questions or concerns, please call our office at:
(416) 244-8377 Monday-Friday 9am-6pm or email us info@canadiansurgery.com*

*For emergencies, please call Centenary Hospital Locating at (416) 281-7111 have Dr Chivers paged and/or if necessary proceed to the Centenary Hospital emergency where Dr Chivers can meet you.

Patient Initials: _____