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Liposuction Aftercare Instructions

Following surgery, you will have a compression garment or ace wraps in place. Leave this in place for 24 hrs. Afterwards you can remove the compression to shower. Apply a small amount of Vaseline to the incisions. These cuts can be expected to ooze yellow/pink fluid for a couple days. This is normal and stops on its own. These small incisions are left open so fluid can drain, and reduce swelling. Absorbent pads (such as feminine pads) can be tucked under the compression garment to catch this fluid. Wearing the compression garment is beneficial, and speeds healing. You should wear it as much as possible for the first 6 weeks following the procedure. You can remove the garment and put it through the laundry. If you notice that there is no compression in place, it is due to the fact that the area selected is difficult to compress. This is of no concern, as you will still recover. In general, liposuction sites feel sore, and may bruise. This lingers for a couple weeks before subsiding. Deep scar tissue forms in the areas subjected to liposuction. This will feel like a firm lump. Deep massage over 3 months will cause it to soften and resolve. Over the counter medicines such as ibuprofen and acetaminophen are sufficient to ease discomfort. Remember that it takes at least 3 months to recover from liposuction and see the final result.

It is important to be seen by Dr. Camp after your initial post-op checks. We will schedule your first followup appointment for you and it will be at 4 weeks post-op.

IF YOU HAVE AN URGENT CONCERN ABOUT POSSIBLE INFECTION, PLEASE TEXT DR CAMP 612-208-4179.

If you have questions about followup appointment or recovery instructions, please call or text our office 612-424-2767 or scheduling@echelonspecialists.com.