

**POST OPERATIVE CARE
LIPOSUCTION**

MEDICATIONS:

- Allergies: _____
- _____: Take _____ every _____ hours if needed for pain. Substitute Tylenol for mild pain. Avoid aspirin and Ibuprofen products. Do not drive or drink while using this medication.
- _____: Take one _____ times daily for _____ days.
- Other: _____

INSTRUCTIONS:

- When you get home call Dr. Hoffman's office to schedule an appointment on _____.
- Please wear your compression garment after surgery. It should be worn at all times during the first 3-4 weeks.
- You may remove your compression garment and shower 48 hours after your surgery.
- You are encouraged to walk the evening of your surgery.
- Limited normal activity may resume in 3-4 days.
- Avoid heavy and strenuous exercise and activity for 2-3 weeks following your surgery. Avoid heating pads and saunas for 2-3 weeks following your surgery.
- Apply gauze over your incisions until the drainage has stopped.
- Apply antibiotic ointment to all incisions daily.
- Use towels to protect your bed and furniture from drainage over the first 2 days.
- You may drive when you have been off of pain medications and you feel comfortable.
- Call if you experience unusual pain, redness, swelling, bruising, bleeding or sustained fever.

Physician Signature

Date

Patient/Family Member Signature

Date

