



NINA S. NAIDU
MD FACS

LIPOSUCTION POSTOPERATIVE INSTRUCTIONS

1. You will be advised on purchasing two compression garments for use after surgery. The garments may be purchased at Design Veronique: www.designveronique.com or 1-800-442-5800.
2. Recommended use of the garment varies, but in general we advise wearing the garment for one week for every decade of your age. So, if you are 20, we recommend garment use for 2 weeks. If you are 50, we recommend use for 5 weeks. Wear the garment day and night, except while bathing. You may shower the day of surgery, as long as you are not feeling weak or dizzy. Do not run the water too hot, as you may be temporarily numb over parts of your body and be unable to feel the temperature accurately.
3. You will have several sutures placed at the entry sites used during your liposuction. You may wash these areas with mild soap, and gently dry the areas with a clean, soft towel. Apply Bacitracin or Neosporin to these areas and cover with a band-aid for one week after surgery. The sutures will be removed in the office at your first postoperative visit.
4. The sites where you have sutures may ooze during the first 48 hours after surgery. This fluid should be clear. You should have one or two shower curtain liners available for your bed, and for the floor between your bed and the bathroom, in order to avoid soiling these areas with the fluid.
5. Bruising and skin discoloration are normal, and may exist for up to 6 weeks after surgery. Numbness is also very common in the areas that have been suctioned and will gradually resolve. Although you will note gradual changes over the next several months, the final result of your procedure may not be seen until up to **one year** after surgery, as the swelling continues to subside.
6. If you have any questions, please do not hesitate to contact the office: 212-452-1230.