



62 Corporate Park Ste 245
Irvine, CA, 92606
Phone:(949) 522-5081

AFTER LIPOSUCTION INSTRUCTIONS

Please follow these Post Operative Instructions

- **Directly after your procedure:** Start out with fluids to soup then soft diet and progress slowly to a regular diet as tolerated.
- Have someone available to be with you for the first 24 to 48 hours after your procedure to assist you.
- Do not drive or operate hazardous machinery or any important personal decisions for 24-48 hours
- **Activities:** Quiet rest is recommended immediately after your procedure, for 2 hours. After, you may walk for 5-10 minutes every hour for 6 hours. You may carefully resume exercise and vigorous physical activity 2 to 4 days after surgery (you may be sore). Normal Activity may resume 21-30 days after.
- Take prescribed/ recommended pain medication every 4 to 6 hours only if needed for discomfort or pain and take medications only as directed.
- For mild soreness try 2 extra strength Tylenol tablets first.
- **Post Op Elastic Compression Garments:** For optimal results wear your compression garment 23/24 hours a day for a minimum of 8-12 weeks. These garments are worn in order to: hold the absorbent pads in place, provide compression to minimize bruising, and maximize the drainage of blood-tinged anesthetic solution (Most drainage occurs within 24-48 hours and may last for several days).
- **Wound Care & Bathing:** You may Shower 24 hours after your procedure. Keep incisions/adits clean. Apply new absorbent dressings after cleaning. Adits that have stopped draining no longer need padding. **DO NOT soak in a bath, Jacuzzi, swimming pool, or the ocean for 7 days after surgery.**
- **If you are having any breast augmentation- Do not lift, push or pull anything over 10 pounds for 10 days.**
- **If you are having fat transfer to the buttocks- limit time on the buttocks to less than 30 minutes in any one position for 30 days.**
- You will be contacted by Luminary MD within the first 24 hours post procedure
- Please do not hesitate to call Luminary MD at any time if you have questions or concerns. We want to facilitate your healing process, and we are here to help.
- Schedule Follow-up Appointment at our office for approximately 6 to 8 weeks after surgery.

Do not hesitate to call our office if there are any questions which arise over your treatment (949) 522-5081

Patient Signature

Date

Staff Signature

Date

For Emergencies only, you may contact Dr. Robert Milanese, MD (949) 691-1234

If you should experience bleeding that is excessive, persistent nausea or vomiting, pain that is unusual, swelling, or fever, please call your physician. If you are unable to reach your physician, go to the nearest hospital emergency room.