



Capitol Plastic Surgery

Dr. Sal Ashruf

Board Certified Plastic Surgeon

Liposuction Instructions

PRE-OPERATIVE INSTRUCTIONS

- Do NOT smoke at least 4 weeks prior to surgery
- Do NOT take ASPIRIN or aspirin-containing products for 2 weeks prior to surgery
- Please have your prescriptions filled prior to surgery

POST-OPERATIVE INSTRUCTIONS

- Swelling and Bruising: It is normal to become swollen and bruised around the areas treated. This may last for 4-6 weeks. To help reduce this:
 - Wear your GARMENT as instructed. Typically, a garment should be worn at all times except when bathing. It may be left off for no more than an hour a day. Wear your garment for 3-4 weeks or longer, as instructed
 - Massage: Massaging areas treated as deeply as tolerated will help keep areas smooth. Concentrate on firm or hard areas.
 - Bleeding: A few drops of bloody drainage are normal and to be expected just after surgery at the incision sites. It is helpful to protect your furniture/bed with towels
 - Pain: Take your pain medicine as prescribed. Do not take pain medication on an empty stomach, this can increase nausea
 - Diet: Eat a regular well-balanced diet. Drink SEVERAL glasses of water a day after surgery
 - Activity: Rest for the first 24-48 hours. Avoid strenuous or heavy lifting for 3-4 weeks. Walking and gentle exercise is permitted
 - Bathing: You may shower the day after surgery; avoid bathing in a tub
 - Driving: Please do not drive until instructed by your physician; usually one week after surgery

NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **If you develop a temperature above 101.5° F**
- **If you have bleeding, excessive swelling, or pain not relieved with your pain medicine**
- **If you develop redness (like a sunburn) on your skin**

PLEASE CALL THE OFFICE AT (410) 590-4313 IF YOU HAVE ANY QUESTIONS OR PROBLEMS