

*Bonnie J. Baldwin, M.D.*  
*Aesthetic and Reconstructive Surgery*  
Office (713) 791-1975  
Fax (713) 796-2583

**LIPOSUCTION POST-OPERATIVE INSTRUCTIONS**

1. Wear support garment continuously for 6 weeks after your surgery. This ensures maximum compression and skin redraping for the best result possible.
2. You may shower 24 hours after surgery. At this time wash your support garment if it is soiled. After showering, replace the garment immediately.
3. Incisions are normally less than 1 cm. ¼ to ½ inch in size and are closed with a suture under the skin surface.
4. Bruising will be visible and is **normal**. It may be present for 7 to 14 days.
5. You may notice firmness and/or tenderness to the suctioned areas for 2 to 3 months. This is dependent upon the volume aspirated during the procedure. **This is normal** and will resolve.
6. Avoid heavy exercising for 6 weeks due to the possibility of increased bruising.
7. You will notice visible results within 2 to 3 weeks **after** tissue swelling subsides. Refrain from checking weight on a scale for one month since it is normal to gain fluid weight after surgery.
8. Take your medication as prescribed. You may want to incorporate a good multi-vitamin daily.
9. You will be required to follow-up with our office after surgery. Our office staff will monitor your progress to ensure the best result possible.
10. Please report immediately and elevation in temperature, sudden swelling or discoloration, excessive bleeding, discharge from the incision sites or any signs of infection.
11. We want your aesthetic surgery experience to be a positive one. Should you have further questions please contact the office during office hours, Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. After hours calls are directed to Dr. Baldwin or her associate.