



HEARTLAND AESTHETICA
CURATED BEAUTY

10111 E. 21st St. Suite 305
Wichita, KS 67206
316-777-6393

Lipo Post-Treatment:

- Have someone drive you home after your procedure and help you at home for 1-2 days.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
- Take pain medication as needed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- You may shower 24 hours after surgery, then reapply compression garment
- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks.
- Wear compression garment 20 hours per day for 6 weeks.

 ***What can I expect to feel?***

- The small incision sites will be covered with gauze and a clear dressing to protect these areas. You may remove the dressing before your shower, and you do not need to cover the incisions after.
- Most of the swelling and discoloration usually subsides in 6-8 weeks, but some may persist for 6 months or more.
- Expect temporary numbness, bruising, swelling, soreness, burning sensation, bleeding, pain, and discomfort.
- May have fluid drainage from incision sites.
- May feel stiff and sore for a few days.
- Bruising may be apparent beyond the areas of liposuction, partially due to gravity.
- Sutures are removed 5-7 days after surgery.



When to call the office

- Please contact the office immediately at 316-777-6393 if you have a fever over 101 degrees, foul odor, or color from incision sites. Bleeding not controlled with light pressure.

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