



Facial, Plastic & Reconstructive Surgery

Liposuction and Fat Grafting Post-Operative Instructions

Please follow the General Instructions provided. In Addition:

Incision Care:

- Steri-strips will be on your incision.
- Compression garment will be placed over the dressings.
- You may have drainage at the incision sites during the first 24 hours.

Dressings:

- Remove all dressings except steri-strips 48 hours after surgery.
- You can shower once the dressings are removed.
- Wear the compression garment 24 hours a day, except for showering or laundering.
- Optimal duration to wear the compression garment is 6 to 8 weeks.

Resting:

- Find a comfortable resting position.
- Elevate your head and place a pillow under your knees for comfort.
- Apply ice to surgical areas as needed.

Sutures:

- Your sutures are dissolvable.

Showering:

- Shower two days after surgery, then daily.
- Have an adult assist you for the first shower.
- Remove compression garments and outer bandages, but leave steri-strips in place.
- Steri-strips will fall off naturally over the next couple of weeks.
- Use soap and water as normal, but avoid direct water pressure on incisions.
- Rinse well and pat dry.
- Avoid soaking in a bathtub until your surgeon gives the OK.

Bandages:

- Apply light bandages after the first two to three showers.
- You don't need to cover incisions after a few days if there's no drainage, but you can if it's more comfortable.