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Post-Operative Instructions for Liposuction

1. Take your medication(s) as prescribed
2. Expect a small to moderate amount of pain, tenderness, swelling, numbness and bruising
3. Expect a small amount of drainage through the garment over the first few days
4. Smoking may delay the healing process
 - i. If you smoke, reduce the amount as much as possible (or better yet, quit) for at least 2 weeks before and 2 weeks after surgery
5. During the first week, the majority of your time should be spent relaxing, although some leisurely walking is permitted
6. If you had liposuction of the legs, move your ankles and pump your calf muscles regularly and when sleeping or resting, keep your legs elevated with a pillow under your legs
7. Leave the garment on at all times until the first post-operative visit (i.e., no showering)
8. Return in 5 to 7 days for assessment, foam removal and suture removal
9. Light activities and more walking are permitted at this time (i.e. 5 to 7 days post-op)
10. After the first post-operative visit, you may shower daily and re-apply the garment immediately after the shower
11. The garment must be worn at least 23 hours a day for 4 to 6 weeks post-op
12. Return in 3 weeks for another follow-up visit
13. Normal activities are permitted at this time (i.e. 3 weeks post-op)
14. Strenuous activity can be undertaken at 6 weeks post-op
15. The majority of bruising and swelling will be resolved at 3 weeks post-op, however it often takes 3 to 4 months for all swelling to completely resolve

IF YOU HAVE ANY CONCERNS AT ALL, PLEASE CONTACT THE OFFICE