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PLASTIC SURGERY INSTITUTE OF OHIO

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JARED C. STORCK, DO, FACOS  
Board Certified Plastic Surgeon  
Board Certified General Surgeon

### POSTOPERATIVE LIPOSUCTION INSTRUCTIONS

1. Wear your garments (Spandex, girdle, binder) 24 hours per day for the next two weeks as instructed, except in the shower.
2. Take your prescribed medications as ordered:  
Antibiotic: \_\_\_\_\_  
Pain Medicine: \_\_\_\_\_
3. You may shower 24 hours after surgery. Do not tub bathe.
4. You may leak pinkish fluid from the liposuction sites and soak your dressings. Be careful not to stain your bed linens, couches, clothes, etc. You may want to sleep with some towels under yourself. (Some patients will not leak fluid. Do not worry if you do not.)
5. Rest for the first 24 hours after surgery. No exercise for 2 to 4 weeks. Normal daily activity is allowed.
6. When you shower the next day, do not worry about lumpiness or irregularity as this is normal soon after surgery. Continue to wear your garments as instructed.
7. Make an appointment with our office in the next 7 to 10 days to have your stitches removed. Call (216) 561-0312 to make your appointment.
8. Should you experience any problems such as an allergic reaction to medication, high fever, or significant concerns, call the office.
9. Bruising, soreness, and swelling are normal. Change the Band-Aids over your stitches and apply a small amount of antibiotic ointment each day. Again, any questions, call the office