CHRYSALIS COSMETICS

Patient Instructions for Liposuction

1. No bending, lifting, or straining for the first 2 weeks. Rest in your bed or a chair with your back and knees supported by pillows.
2. Exercise your calf muscles and flex ankles every hour while awake for at least 10 minutes to help with circulation. Slow walking is recommended.
3. Take your prescribed medications as directed to remain comfortable.
4. Do not take Aspirin, Ibuprofen, Aleve, Fish oils, Vitamin E, Herbal supplements, etc. as these are blood thinning and may increase bruising for a minimum of 2 weeks after procedure.
5. Drink plenty of fluid. Avoid alcohol and caffeine.
6. You may shower on day 2. The clear dressings with gauze may come off, and that's okay, you can cover the small incision areas with a band-aid(s).
7. Garment should be worn at all times for the first week. After that, during the day for the following 4 weeks, wear for 12 hours a day during waking hours. Adjust garments or abdominal binders as needed for comfort and to eliminate any creases or indentations.
8. Driving or operating machinery is not recommended for the first week, and while taking any narcotic pain medication.
9. Do not submerge yourself in water, such as a bathtub, pool, hot tub, etc. until clearance from Dr. Perry.
10. If you have any concerns during business hours and/or after hours at (916) 273-7435.

***If you have a life threatening emergency, call 911.**

Patient Name (Print): _____

Patient Signature: _____ Date: _____

Witness Name (Print):_____

Witness Signature: _____ Date: _____

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