

AESTHETIC SURGERY  
Rosemont Business Campus  
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RONALD A. LOHNER, M.D., F.A.C.S. RECONSTRUCTIVE SURGERY

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## **POST OPERATIVE CARE LIPOSUCTION**

### **Post op care:**

- Compression garment to be worn 24/7 for 1 week, then as recommended by Dr. Lohner
- May shower 24 hours after surgery
- No straining, lifting, or bending for 2 weeks
- No aspirin or ibuprofen for 5 days
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Rest – can resume most activities in 2-3 weeks and exercise in 4-6 weeks

### **What to expect:**

- Swelling and bruising can occur up to 1 week post op. May take several weeks (bruising) to several months (swelling) to resolve
- Moderate discomfort – take pain medication as directed
- Constipation may occur with narcotic pain medicine – increase fluid intake and use mild laxative or stool softener if needed
- Numbness, tingling, and sensitivity to physical contact may persist for several weeks or longer

### **Follow-up:**

- Follow up appointment 7-10 days post operatively unless otherwise directed by Dr. Lohner
- May return to work 1 week post op

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS  
OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_ **please call office to  
arrange follow up appointment (610) 519-0600.**