



**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

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***LIPOPLASTY POSTOPERATIVE INSTRUCTIONS***

1. No alcohol for **72** hours and no aspirin or aspirin containing products for another **2 weeks** after your surgery.
2. Pain medication may be taken every four to six hours as needed following discharge. **Antibiotics must be taken as prescribed until used.**
3. Watch for any significant or alarming swelling, redness, bleeding or bruising in surgical areas. Also note any pain that is out of the range of expected discomfort. If this occurs, contact us immediately through the office phone number at any time, day or night.
4. Heavy physical activity should be restricted for three weeks following surgery. This includes most types of exercise and heavy housework. Walking is OK.
5. The garment applied after surgery must be worn continuously until otherwise instructed by Dr. White.
6. Sponge bathe until the foam dressing underneath your garment is removed, usually on the 4<sup>th</sup> post operative day.
7. You can expect some drainage of fluid from the incision sites, this can be quite a lot and may also be blood tinged. Change the gauze pads when they are soiled. DO NOT REMOVE THE FOAM PADS. We suggest that when you are home, you should lay on some sort of padding or towels placed over plastic to protect your furniture.
8. Below is your post op appointment, if you have any questions or concerns, call the office number, day or night. (480) 614-3535

**APPOINTMENTS:**

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