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POSTOPERATIVE INSTRUCTIONS- LIPOSUCTION

- Take medications as prescribed.
- Use Arnica Montana tablets as directed.
- Do not take any aspirin or alcohol for at least two weeks following surgery.
- Drink plenty of fluids, preferably those containing electrolytes such as Gatorade during the first 24 hours following surgery.
- No exercise, heavy lifting, or strenuous activity for at least two weeks.
- You may remove your compression garment and all dressings the morning following surgery for the duration of a shower or bath. Except when showering, the garment must be worn at all times.
- Compression garment must be worn for two weeks unless otherwise directed by Dr. Rosenberg
- Begin massage of treated area one week following surgery.