

## **AFTER YOUR LIPOSUCTION**

Dr. York J. Yates  
Post-Op Instructions

- Driver** For outpatient procedures a driver will be required to take you home and preferably stay with you overnight. Please do not drive for 24 hours or while taking pain medication.
- Follow-up** Please call to schedule your first follow-up appt, if not already scheduled.
- Medication** Begin taking your antibiotic (cephalexin) the day after surgery. Please finish all of this medication.
- Bathing** You will have drainage for at least 24 hours after the procedure. I will usually allow you to get the incisions wet with clean water after this has stopped.
- Sutures** Generally taken out after 1 week.
- Swelling** You will be swollen and bruised for several weeks after surgery. This will improve! Do not expect final results too early. You will start to see results within three weeks, but some swelling can persist up to a year.
- Activity** Refrain from lifting greater than 10 lbs. and vigorous activity for THREE weeks after surgery. You will have restricted activity for SIX weeks. Excessive activity can cause bleeding, swelling and generally hamper the results.
- Swelling** Your abdomen may be swollen and bruised for the first several weeks after surgery. This will improve!
- Garment** A garment will be worn at all times (day & night) for the next THREE to SIX weeks. Please wear the one we provide for the first 2 weeks. Then you may wear one that can be purchased from a department store.
- Call** Feel free to call me or my nurses with questions or concerns.  
Tanner Clinic 773-4840 X3441.  
Dr. Yates cell phone (801) 543-xxxx (Text message preferred, although direct calls are O.K.)  
website: [www.yorkyates.com](http://www.yorkyates.com)  
Email: [yyates@tannerclinic.com](mailto:yyates@tannerclinic.com)



**DR. YORK YATES**  
plastic surgery