



First Follow up Reminders After Laser Liposuction

Hygiene:

- It is okay to shower. However, bathing in a tub or a hot-tub is not recommended for another 3 weeks.

Healing:

- Swelling, pain, sensitivity, and bruising are normal. A bruise dissolves from black to purple, and then to green and yellow, and then disappears. The healing process for a bruise is not the same for everyone. Some people are easy bruisers and take longer.
- Switch from ice to warm compresses for 10 minutes twice a day.
- Massage–
 - In the morning when taking a shower use soap and water to massage the areas.
 - In the evening, use baby oil for about 5 minutes (duration of commercial break on TV)
- Scar care – you should massage the incisions twice a day with Mederma or Vitamin E oil. Both of these items can be purchased over the counter at most drug stores.
- Gentle Intimacy is okay if you are comfortable.

Compression Garment:

- Wear the compression garment for at least one more week.
- Wearing an over the counter binder such as “Spanx” is recommended to be used at least 8 hours a day for the next 4 weeks. You can wear it while you sleep or during the day while you are at work.
- Most people get a little discomfort and more swelling by the end of the day for the first month.

Exercise:

- 1 week → Brisk walking
- 2 weeks → Stationary bike (minimal arm movements)
- 3 weeks → Elliptical, Pilates
- 4 weeks → Stair master, Yoga
- 5 weeks → Running, weight training and muscle toning
- No swimming for 4 weeks after your procedure.