

Precautions After Liposuction

1. Pain levels vary by individual immediately after surgery. You may eat normally right away, so please take the prescribed medication for about 7 days after meals.
 - If you feel discomfort, porridge is fine, but regular meals are recommended.
2. After returning home, a blood-tinged fat-dissolving solution may drain from the wound site for up to 3 days.
 - The more it drains, the faster swelling may subside. If it does not drain, it is absorbed naturally during recovery.
3. Swelling and bruising move downward as they heal, sometimes reaching the feet and ankles.
 - If your legs feel very numb or heavy, elevate your feet above heart level or try a warm foot soak.
4. If a large amount of fat is removed, you may feel significant dizziness during recovery. Move slowly when active, and taking iron supplements can help improve recovery.
5. For about 4 weeks, avoid alcohol, smoking, strenuous exercise, saunas, hot baths, and spas. Light activities such as walking are recommended.
6. Wear a compression garment for 1 month (24 hours/day). After 1 month, wear it only during sleep.
 - It may be removed briefly for circulation or washing, but if swelling increases, it may be difficult to put on again.
7. It is recommended to shower 1–3 days after surgery.
 - Before showering, apply a waterproof bandage to the suture area.
 - Remove the bandage immediately after showering and keep the wound area dry.
8. As bruising and swelling resolve, the surgical site may feel itchy. Avoid scratching, as the skin is still sensitive and may injure easily.
9. A mild fever may occur, but if there is persistent heat, severe pain, or significant color changes in the surgical area, contact the clinic immediately for evaluation.

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



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