Liposuction *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–2
Drainage from the small incisions is common. Rest, hydrate and keep compression on.

Week 1
Bruising and swelling peak. Walk several times a day.

Weeks 2–3
Many return to desk work. Compression continues.

Weeks 4–6
Gradual return to exercise when cleared. Firm or lumpy areas start to soften.

Months 3–6
Final contour slowly appears as swelling resolves.

Four weeks before

- [ ] Step counter
- [ ] Light resistance bands
- [ ] Unflavored protein powder
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Overbed table
- [ ] Grabber tool ★
- [ ] Extra-long phone charging cable ★
- [ ] Shower chair ★
- [ ] Handheld shower head ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Wide-leg lounge pants ★
- [ ] Slip-on slippers ★
- [ ] Disposable underpads ★
- [ ] Rich lip balm ★
- [ ] Ginger chews

Week one at home

- [ ] Stage 2 compression garment ASK SURGEON
- [ ] Lipo foam pads ASK SURGEON
- [ ] Ab board (only if your surgeon uses one) ASK SURGEON
- [ ] Disposable underpads ★
- [ ] Non-stick gauze pads ★
- [ ] Paper medical tape ★
- [ ] Nitrile gloves
- [ ] Electrolyte drink mix
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★

Weeks two to six

- [ ] High-waist soft underwear
- [ ] Soft robe
- [ ] Adhesive remover wipes
- [ ] Bone broth

Scar season

- [ ] Mineral sunscreen SPF 30+ ★
- [ ] Silicone scar gel ASK SURGEON

Talking with *your surgeon*

Questions many liposuction patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

Which compression garment should I wear, how tight, and for how long?

Do you want me to use foam or an ab board?

Do you recommend lymphatic massage? If so, when and with whom?

How much drainage is normal, and for how long?

When can I exercise again?

When to call your surgeon

- Swelling that suddenly increases on one side or in one area
- Dizziness or fainting that doesn't improve with rest and fluids
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS