

Precautions After Liposuction

After the Procedure:

- On the day of your liposuction surgery, it is normal to experience some drainage of bloody fluid, so it's a good idea to lay a towel down while you sleep.
- Swelling and bruising can persist for 1 to 3 months post-surgery, and will generally decrease thereafter.
- Elevating the operated area above the level of your heart, especially for lower body procedures, can help reduce swelling and alleviate pain. Consider propping up the area with a soft pillow.
- For facial liposuction, stitch removal is scheduled for day 7. You can wash your face with a waterproof bandage over the wound starting the day after surgery (make sure to remove the bandage after washing). The facial compression garment with Elastex (beige bandage) can be removed after 3 days. If it inadvertently falls off the next day, remove it and apply DuoDERM tape or a fresh bandage (do not re-use) over the stitches, and use the compression garment over the tapes until stitch removal.
- With body liposuction, stitch removal is scheduled for day 14, and you can shower with a waterproof tape over the wound from the day after surgery. Always remove the waterproof tape after showering and apply a fresh bandage to the wound site until the stitches are taken out.
- It is best to rest at home on the day of the surgery.

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- Intense physical activities like aerobic workouts and gym sessions should be postponed until 4 weeks post-surgery, and the same goes for using saunas.
- It is normal that the area from where fat was removed may feel hard and uneven up to 3 months after surgery but will gradually improve.
- Please take the prescribed painkillers and antibiotics on schedule.
- You must abstain from alcohol and smoking for at least 3 months after surgery; alcohol can cause inflammation, and smoking can constrict blood vessels, which may lead to skin darkening.
- It is essential to wear compression garments for 1 to 2 months after the surgery.
- It is possible to feel dizzy or anemic after the surgery, especially after extensive liposuction, and taking iron supplements post-surgery can help reduce the discomfort.
- Liposuction should not be viewed as a weight loss solution but rather as a means to contour the body. The amount of fat removed does not dictate the final outcome.
 - Post-operative care, including treatments such as radiofrequency, plays a significant role in achieving the best results, and it is important to follow through with recommended aftercare.
 - A secondary liposuction procedure can only be considered 6 months after the initial surgery, pending an evaluation by your doctor.
 - Additional costs may apply for revision surgeries.

※ Individual experiences may vary.

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