



Post Awake Liposuction Recovery Tips

This guide provides general tips to support recovery after awake liposuction. Always follow your provider's specific instructions first. For medical questions call our 24hr nurses line at (920) 221-7750 #2

Compression Garments

Wear your compression garment as much as possible for at least 5 weeks. For best overall contouring support, many patients continue use up to 3 months as tolerated.

Icing

Apply ice packs 15 minutes on and 15 minutes off during the early recovery period to help manage swelling and discomfort.

Hydration

Aim for approximately half your body weight (in pounds) in ounces of water per day for the first week.

Protein Intake

Prioritize protein to support healing. A general guideline is about 0.7–1 gram of protein per pound of body weight daily.

Movement

Get up and walk for about 5 minutes every hour while awake to promote circulation & healing.

Pain Management

Take prescribed medications as directed. You may supplement with extra strength acetaminophen (Tylenol) if approved by your provider. No Ibuprofen or other NSAIDS for at least 2 weeks.

Lymphatic Massage

Some patients choose to pursue lymphatic drainage massage which may reduce swelling and bruising. If you do, seek a massage therapist specifically trained in lymphatic techniques. Self-massage resources are widely available online.

Supplements

Some patients may seek relief for options such as bromelain or arnica (oral or topical).

General Tips

Maintain a balanced diet, avoid strenuous activity for 1-2 weeks, and follow all post-procedure instructions provided to you. Contact your provider with any concerns.

Important

This information is general in nature and is not medical advice. Recovery experiences vary from person to person. Not all approaches are appropriate for every patient. Follow your provider's instructions and consult them before making changes to your recovery plan. Seek medical attention if you have concerns about your recovery.