



NUTRITION AND EXERCISE AFTER LIPOSUCTION

Following liposuction or any aesthetic procedure, it is important to let your body to heal. Liposuction addresses excess body fat, which is why it is even more important to adhere to a healthy post-treatment diet to encourage both healing and prevent excessive fat gain that could potentially jeopardize the new look you have recently achieved with liposuction.

NUTRITION TIPS AFTER LIPOSUCTION

Generally speaking, the following foods should be ignored for an extended period of time after liposuction surgery.

1. **Saturated Fats:** Solid at room temperature, which is found in most animals and animal by products, as well as fried and processed foods.
2. **Sugar:** Sugar and sugary food may cause weight gain and defeat the goal of your liposuction treatment. Sugar is also low in vitamins and nutrition and will not offer any benefit to the healing process of your body.
3. **Salty foods:** You should avoid these foods for at least two to four weeks after liposuction. Sodium is known to cause swelling within the body, thereby affecting the process of recovery. Nevertheless, you can use salt substitutes such as natural herbs and spices.
4. **Alcohol:** Alcoholic drinks can have a negative interaction with any post-treatment medication as well as cause dehydration. You must avoid alcohol for at least 2 weeks post-procedure. Instead, you should consume healthy quantities of water and natural juices to aid your body in the recovery process as well as flush out any harmful toxins associated with medication and the procedure.

However, there are plenty of foods that you should eat post-procedure that will help you heal as well as keep maximum results of your procedure. These include:

1. **Liquids:** green tee, water, fruit juices and smoothies.
2. **Fresh vegetables:** mostly green above ground types.
3. **Fruits:** the fiber contained in fresh fruit insulates the body from digesting the glucose (sugar) all at once, unlike drinking fruit juice.
4. **Fish for omega-3 fatty stomach acids:** low mercury level, wild caught salmon.
5. **Healthy fats:** nuts, seeds, extra virgin olive oil, and avocado all rich in omega 3 fatty acids.
6. **Grains:** beans, lentils and whole grains.
7. **Lean, natural proteins:** skinless poultry

EXERCISE PLAN AFTER LIPOSUCTION

Any Lipo procedure is designed to remove excess of fat deposits in various parts of your body. It is important that these considerations are made regarding exercise routines.

1. You can start walking after one week and after 6 weeks. You can work some abs

2. Exercise you can do: running, elliptical bike, walk fast.
3. The weightlifting can put a significant strain on the incisions and sutures. It is a good idea to start lifting weights slowly after 6 weeks but slowly. Make repetitions with lightweight.
4. After two days of surgery, you can start walking. After two weeks you can start with light aerobic exercise. REMEMBER EVERY BODY responds differently, because of that you have to be patient and listen to your body and understand its limitations.

Following your procedure, Dr. De La Cruz will discuss the details of your pre-and-post liposuction diet and give you tips on how to accelerate the healing process as well as maintain the best results possible. You will also receive assistance with post-surgery exercise and activity.

As you prepare for your procedure or if you are just starting your research, please keep in mind that the ultimate way to achieve the best results is to take your lifestyle into consideration, particularly your diet, alcoholic beverage consumption and exercise levels.

NOTES:

I _____ read, understand, and promise to follow the instructions above.

Patient signature

Date: _____

