



## Lipo Foam: Comfort & Support During Recovery

**Medical disclaimer (please read):** This guide is for general educational purposes only and is not medical advice. Your surgeon, nurse, or clinician can tell you what compression, padding, and positioning are appropriate for your specific procedure, incisions, drains, and recovery plan.

Lipo foam is a soft foam pad that some people wear under compression garments after cosmetic and body-contouring procedures. It's commonly used to add gentle cushioning and help garments sit more smoothly against the body during healing.

### When lipo foam is commonly used

People often consider lipo foam when their care team recommends compression garments and they want extra smoothing or cushioning—especially during early recovery after:

- Liposuction (arms, abdomen, flanks, thighs, or back)
- Brazilian Butt Lift (BBL)
- Tummy tuck (abdominoplasty)
- 360 lipo or full-torso contouring
- “Mommy makeover” procedures (varies by case)
- Thigh lift or arm lift (brachioplasty)
- Any procedure where smooth, comfortable compression is part of the recovery plan

### Potential benefits (for many users)

Lipo foam may help you:

- Add cushioning under compression garments for comfort
- Help garments feel smoother by reducing pressure points and garment lines for some people

- Support a more even feel of compression across treated areas (when used as directed)
- Reduce friction against sensitive skin in areas where garments can rub
- Stay more comfortable during daily movement while swelling and tenderness change over time

## How lipo foam can support day-to-day comfort

Depending on how it's placed and the type of foam, it can:

- Provide a soft layer between your garment and your skin (or over a clinician-approved barrier layer)
- Help keep compression feeling more consistent across a wider area
- Be trimmed and positioned to better match specific body areas (when trimming is appropriate)
- Reduce the feeling of seams or garment edges pressing into tender areas

## Safety note (important)

**Safety disclaimer:** Use only as directed by the manufacturer and follow your clinician's instructions for compression and garment wear time. Do not place foam over open wounds, fresh incisions, or drain sites unless your clinical team specifically instructs you to. Avoid bunching, folding, or overly tight compression that can create pressure points. Stop use and contact your clinician if you notice worsening pain, numbness/tingling, skin discoloration, unusual swelling, a rash/skin breakdown, or signs of infection.

## Quick setup + care checklist

- Confirm your plan: Use foam only if your surgeon/clinical team has recommended or approved it for your procedure.
- Choose the right size: Select foam that covers the intended area without forcing folds or edges that dig into skin.
- Place it smoothly: Ensure the foam lies flat with no creases; re-adjust if it shifts when you move.
- Protect sensitive areas: Avoid direct pressure on incisions, drain sites, or bruised/tender zones unless directed.
- Check skin often: Especially the first few days—look for redness, irritation, blisters, or areas that feel numb.
- Keep it clean and dry: Follow washing instructions (if washable) and replace if it becomes soiled, torn, or loses shape.
- Follow wear time guidance: Don't increase compression time or tightness on your own—stick with your clinician's plan.

 **Helpful Tip:** If your routine includes daily washing, consider having two foam sets so one can air-dry while the other is in use. Before putting on your garment, take 10 seconds to run your hand over the foam and confirm it's completely flat—small folds can turn into uncomfortable pressure points after a few hours.

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