



Liposuction Recovery Checklist

The “Must-Have” items on this checklist are the core essentials you’ll need for a safe and smooth recovery. To make it super easy, all Must-Have products are already organized for you on the website under the Surgery-Specific category, with direct links to each item. Everything else on this list is optional but highly recommended to make your recovery more comfortable, more convenient, and as stress-free as possible. Be sure to also explore the other categories in our Recovery Shop to find additional items based on your personal needs and preferences. Choose what fits for you and build your personalized recovery setup with confidence.

Featured Surgery lists

These must-have items can be found under our three Featured Surgery package tiers. Choose the Essential Healing, Comfort Recovery, or Deluxe Healing list based on your budget and comfort preference.

Essential First Item Featured Surgery lists

- **Ab Binder Aid™ – helps you apply and adjust your binder independently.**
(Only if an abdominal binder is required by your doctor. Some require it and some don't)
- Abdominal Binder or Compression Garment – supports swelling reduction and helps shape the treated areas. (The other compression garment is a faja.)
- Lipo Foam Pads – evenly compress and prevent fluid pockets.

Comfort & Mobility

- Adjustable wedge pillow for sleeping upright or a Recliner
- Compression socks (prevents blood clots)
- BBL or Lipo Recovery Pillow for sitting if applicable
- Wheelchair or walker (optional for larger lipo areas)
- Heating pad or ice packs (check with your surgeon before use)

Incision & Drain Care

- Absorbent pads or surgical dressings
- Antibacterial ointment (as directed by your doctor)
- Drain bulb holders or shower belts if drains are placed
- Sterile gloves for changing dressings safely

Clothing

Visit our Recovery Wear – Pajamas, Robes & Slippers section for:

- Loose, front-opening tops or gowns
- Fajas or compression garments (stage 1 and stage 2)
- Soft slippers or non-slip socks
- Peroxide – Tip: It removes stains from garments or binders. Trust me you're going to want this!

Medications & Health

Visit our Comfort, Relief & Healing Essentials section for:

- Pain medications (as prescribed)
- Stool softeners (to prevent strain post-anesthesia)
- Antibiotics (only as directed)
- Hydration drinks (electrolytes)

Hygiene & Personal Care

Visit our Daily Hygiene & Personal Care section for:

- Shower chair or stool
- Mild soap or antibacterial cleanser
- Soft towels and washcloths

- Handheld shower head for easier cleaning
- Body wipes (for no-rinse cleansing early on)

Home Setup

- Mattress protector
- Large puppy pads – Tip: use under sheets or on recliner to catch fluid leakage.
- Extra pillows to keep your body elevated
- Toilet seat riser or support handles
- Visit our Convenience and Recovery Helpers section for Bedside storage bag, lap desk, adjustable table, and grabber tool.

Emotional Support & Recovery

Visit our Emotional Comfort & Sleep Support section for:

- Guided meditations for calm and focus
- Restorative sleep audio
- Bedtime stories for stress relief
- Breathing exercises or affirmations
- Weighted blankets, sleep headphones, sound machines, humidifiers, and essential oil diffusers

Helpful Tip: After liposuction, gentle movement is key to preventing fluid buildup and stiffness. Walk briefly several times per day, stay hydrated, and wear your compression garment as instructed. Avoid tight waistbands or bending motions that may shift your garment or compress new contours.

Do You Wear a Binder or Go Straight into a Faja After Lipo?

It depends on your surgeon's protocol and how extensive your liposuction was:

- Early phase (first 1–3 days): Many surgeons recommend starting with an abdominal binder because it's easier to adjust, reduces swelling gradually, and allows for monitoring incisions or drainage.
- After swelling stabilizes (around day 3–7): You'll typically transition to a faja (Stage 1 compression garment) that provides full, even pressure from the upper torso through the thighs. This helps contour the body as healing continues.
- Later recovery (2–6 weeks): Patients often move to a Stage 2 faja — tighter, with stronger compression — for shaping and support once initial swelling is down.

Disclaimer: This recovery checklist is for general informational and organizational purposes only. It is not medical advice and does not replace the instructions or recommendations provided by your surgeon or licensed healthcare provider. Always follow your doctor's specific post-operative guidelines, as they may differ based on your procedure, technique, and individual medical needs. Any product suggestions or recovery tips included here are optional and should be used only if approved by your surgeon. After Surgery Supplies™ and its related materials are not responsible for medical outcomes or recovery decisions made by the patient.

Wishing you comfort, confidence, and a smooth recovery.

Ann Marie