



TAMP A BAY  
B O D Y S C U L P T I N G

# Lipo360 Recovery Guide

## What to Expect After Lipo360

Lipo360 is a comprehensive body contouring procedure that removes stubborn fat from the abdomen, waist, flanks, lower back, and surrounding areas to create a more sculpted, balanced appearance. While recovery varies from patient to patient, understanding the healing process can help you prepare for a smoother and more comfortable recovery experience.

## First 24 Hours After Lipo360

The first day after surgery is typically when swelling, drainage, and soreness are most noticeable. Patients should plan to rest and have a responsible adult available to assist them. Compression garments are usually placed immediately after surgery to help minimize swelling and support healing.

Common experiences during the first 24 hours may include:

- Mild to moderate discomfort
- Swelling and bruising
- Fluid drainage from incision sites
- Tightness in treated areas
- Fatigue from anesthesia and surgery

Short walks around the home are encouraged to promote healthy circulation and reduce the risk of complications.

## First Week of Recovery

During the first week, swelling and bruising are expected and may temporarily obscure your results. Most patients notice gradual improvement each day. Compression garments should be worn as instructed by your provider to support healing and help contour the treated areas.

During this stage:

- Continue light walking throughout the day
- Stay hydrated
- Focus on protein-rich foods
- Avoid strenuous activity
- Follow all post-operative instructions provided by your surgical team

Many patients return to desk work within several days, depending on the extent of treatment and their individual recovery progress.

## **Weeks 2–4**

As swelling begins to decrease, early contour improvements become more noticeable. Most patients feel significantly better during this phase and can gradually resume normal daily activities with provider approval.

During Weeks 2–4:

- Bruising continues to fade
- Swelling gradually improves
- Energy levels increase
- Walking and light activity become easier
- Body contours begin to emerge

Patients should continue wearing compression garments according to their provider's recommendations.

## **Weeks 4–6**

Most patients are able to resume more strenuous activities and exercise during this stage with approval from their provider. Residual swelling may still be present, but the majority of discomfort has typically resolved.

By this point:

- Most bruising has disappeared
- Swelling continues to improve
- Clothing may fit more comfortably
- Physical activity can gradually increase
- Results become increasingly visible

# **Lipo360 Recovery Timeline**

## **Days 1–3**

Rest, light walking, swelling, bruising, and drainage are common.

## **Week 1**

Compression garments remain important. Most patients feel gradual daily improvement.

## **Weeks 2–4**

Swelling decreases and early contouring results become visible.

## **Weeks 4–6**

Most patients resume exercise and normal activities with provider approval.

## **Months 3–6**

Final results continue to develop as residual swelling resolves and tissues settle.

# **Tips for a Smooth Recovery**

## **Stay Hydrated**

Proper hydration supports circulation, healing, and overall recovery.

## **Prioritize Protein**

Protein-rich foods help support tissue repair and recovery.

## **Wear Compression Garments**

Compression garments help minimize swelling and support the body's new contours.

## **Stay Active with Light Walking**

Short walks throughout the day help promote healthy blood flow and recovery.

## **Follow Provider Instructions**

Always follow the specific post-operative instructions provided by your surgeon and medical team.

## **Frequently Asked Questions**

### **How long does swelling last after Lipo360?**

Most swelling improves significantly within the first several weeks, but mild residual swelling can persist for several months.

### **When can I return to work?**

Many patients return to non-physical work within several days to one week, depending on their recovery and the nature of their job.

### **When can I exercise again?**

Light walking is encouraged immediately. More strenuous exercise should only be resumed with provider approval, often around four to six weeks.

### **Will I have scars?**

Liposuction incisions are typically very small and placed in discreet locations whenever possible.

### **When will I see my final results?**

Most patients see significant improvement within the first few months, with final results continuing to develop as swelling resolves.

*Disclaimer: Recovery experiences vary by patient and provider. This information is intended for educational purposes only and should not replace the specific post-operative instructions provided by your surgeon or medical team.*