

Recovery Time

High Definition Liposuction

Recommendations can be modified, the times of recovery vary in some cases, and these are recommended by Dr. Raul Lopez

Surgery Duration

(Approximately)

TIME



2 to 3 hours

Discharged

Ambulatory
(Same Day)

Rest Time (Relative)

(The patient can walk and move and should get out of bed every hour during the day)

3-5 days
(relative)

Time to resume office work (job)

(Approximately)

5-7 days
after
surgery

Time to resume moderate activities

(lift 10 to 15 pounds)

1 week
after

Time to resume light exercise

(Cardio, aerobics..etc)

3-4 weeks
after

Time to resume intense exercise

(Weight Training, Cross Fit, gym..)

6 weeks
after