



# What to Consider When Checking for Abdominal Six Pack Liposuction

The recovery process for abdominal six pack [liposuction](#) also plays a role in your decision-making. Though the procedure is minimally invasive, you will need some downtime to recover. Swelling and bruising are common, and you may need to wear compression garments to aid the healing process. Make sure you're prepared for the recovery period and follow the surgeon's post-operative care instructions carefully.