

LIPOSUCTION AFTER CARE

After discharge from this centre, you should go home and rest. You must be accompanied home by a responsible adult, and must have someone with you for the remainder of the day and overnight. Even if you feel normal, your reaction time will be slower after receiving sedation drugs. It is normal to feel slightly sleepy or dizzy during the first 24 hours, so:

- Do not drive a car
- Do not drink alcohol
- Do not operate hazardous machinery
- Do not travel alone
- Do not catch public transport
- Do not make important decisions/sign important documents
- Do not engage in sports or do heavy work / lifting

FLUID LEAKAGE:

This is normal - expect lots from the area and it will probably continue overnight. It is best to bring an old towel to sit on, when going home, and to sleep on overnight. Wear old clothes going home. Bring a spare pair of underpants if having liposuction to the abdomen or legs, as they may get wet. Use old sheets on your bed for the first night.

SCARRING:

There will be scarring as with all surgery, but it is kept to a minimum. It usually looks like a mosquito bite at the incision site and does fade over time.

SWELLING:

This is individual and will take a few weeks to subside. Do not expect to see the desired size or shape immediately. It will continue to improve and best results are seen after approximately six weeks. Extra fluid that was injected with your local anaesthetic will be absorbed by your lymphatic system and filtered through the kidneys and you may pass a lot of urine in the first few days. You may get some lumpiness and that may be improved by massaging as much as you can and by use of the support garment.

BRUISING:

This is also individual and will gradually subside over approximately two to three weeks. Ice will help in the first 48 hours. You should then wear your support garment for the recommended time, or as long as possible.

PAIN:

Some pain or discomfort can be expected. You may require panadeine forte, panadeine or panadol for pain in the first 24 hour period. Take no more than eight tablets in a 24 hour period.

NAUSEA AND VOMITING:

This is rare. Should it persist past 24 hours post operatively, contact us. Begin with liquids and advance to a light diet, and return to a normal diet as tolerated.

WOUND CARE :

Full instructions will be given. The corset is usually put on immediately post surgery, after we have covered each incision hole with a combine pad. These incision holes often drain for up to 24 hours. Do not be alarmed if the fluid is bloodstained. If you are concerned, please do not hesitate to call us. We advise you to shower the next day and remove the pads over the incision holes. Massage is recommended as soon as possible, depending on how much bruising is present. This will break up scar tissue, smooth out fat and help with lymphatic drainage. Most of the time stitches are required and removed in one week at our surgery.

INFECTION:

This is very rare, but is always a risk as with any surgery. Antibiotics are routinely prescribed to be taken four times a day until the course is finished.

SUPPORT GARMENT:

A tight supportive garment must be worn night and day for one week. It can be removed for showering. It should then be worn for twelve hours a day, preferably during the day, for 4-6 weeks. Wear as often, and as long as possible for optimal results. It is extremely important not to wear any restrictive clothing other than the corset in the month after surgery. After abdominal liposuction, anything in the waist like tight underwear or jeans will leave an indentation line where the skin redrapes itself. This indentation will be permanent.

FOLLOW UP:

- On the day after operation, we will call you to see how you are, and if you have any queries.
- After one week the stitches are removed, but we will see you before if there are any problems
- 6-8 weeks after the procedure, you come back for a check up with the doctor and photos.

EXERCISE:

Slowly increase your activities as tolerated, over the next few days. By one week you should be able to resume normal activities.

Should you have any problems or queries whatsoever call us at the Aesthetic Surgery Centre on 9311 4444.

If for some reason, you are unable to contact us, then please call your General Practitioner.