

## Post-operative Instructions

### Liposuction

#### Bandages:

- ✓ You stay at the clinic for one day. The postoperative care involves administering medicine (analgesic, and if necessary, antibiotics and anti-thromboembolism medicine) as well as regular checks on the patient's state.
- ✓ During the first check-up, the bandages are changed and the incisions are checked and rinsed with disinfectant. A new bandage is placed over the area.
- ✓ **It is absolutely necessary to wear elastic bandages for six to eight weeks of the operation**, ideally even longer.
- ✓ When having chin liposuction you should wear the elastic garment for two to three weeks.
- ✓ When having vulvar liposuction you should wear the elastic garment for three to four weeks.
- ✓ The stitches are dissolvable.
- ✓ You can take the band aid after three to four weeks.

#### Regime and Rest:

- ✓ Until the bandages are removed, it is important to rest. **The ideal position is on the back, with the legs and body slightly elevated, to reduce, as much as possible,** any post-operative complications such as bleeding, haematomas or swelling. However, some of these are likely to appear.
- ✓ Get plenty of rest.
- ✓ Follow balanced diet.
- ✓ Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- ✓ Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- ✓ Do not drink alcohol when taking pain medications.
- ✓ Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- ✓ If you are taking vitamins with iron, resume these as tolerated.

#### Activities:

- ✓ Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- ✓ Do not drive until you are no longer taking any pain medications (narcotics).
- ✓ Return to work in approximately 2 weeks.
- ✓ Avoid strenuous exercise and activities for 3-4 weeks.

#### Incision Care:

- ✓ If a drainage tube(s) has been placed, you may shower 48 hours after removal.

- ✓ Avoid exposing scars to sun for at least 12 months.
- ✓ Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- ✓ Keep steri-strips on.
- ✓ Keep incisions clean and inspect daily for signs of infection.
- ✓ Hair can generally be shampooed in 2-3 days.
- ✓ Hair bleach and/or a permanent can be applied after complete healing, usually 3-4 weeks.
- ✓ When using a hair dryer, never use a "hot" temperature setting, as you may not have feeling in the operated area.

#### Massages:

- ✓ Two to three weeks of the operation the patient must start applying pressure massages in the operated area - they should be done for a minimum period of one month according to the surgeon's indications (a rolling pin can be used).

#### Undesirable Habits:

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

#### Possible Reactions after the Operation:

- ✓ In some cases your temperature may slightly rise for a period of two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the treated area.
- ✓ You should avoid sudden movements and physical strain.
- ✓ It is recommended to sleep on the back for several weeks of the operation with the back and head slightly elevated.
- ✓ Post-operative swelling and bruising is to be expected.

#### Possible Complications:

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home.
- ✓ Swelling, discoloration, and tightness of skin for 10-14 days.
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ Imperfect effect resulting from nonobservance of the post-operative instructions given by the doctor.

#### When to Call:

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.
- ✓ If you have increased redness along the incision.
- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

**Cosmetic Surgery Post-operative Care:**

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

**Medical Express Clinic**

117a Harley Street  
London W1G 6AT  
Tel: 02074991991

or

**Karen Marwood-Jones R.G.N.**

4 Upper Wimpole Street  
London W1G 6LF  
Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

**Judith Jobling, RGN. RM. INP. LLB (Hons)**

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep  
3 Chiltern Avenue, Flixton  
Manchester M41 8SX  
Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre. Evening and weekend appointments available. Home visits can be arranged at extra cost.