



## LIPOSUCTION

### Post Operative Advice Sheet

1. You should arrange for someone to drive you home from hospital.
2. You will experience mild to moderate discomfort after your surgery and it is recommended that you take one or two pain relieving tablets (such as Paracetamol) on a regular basis for the first week or so. **DO NOT TAKE ASPIRIN OR ANY PRODUCTS CONTAINING ASPIRIN** as this may prolong or cause bleeding in the early post operative period.
3. There maybe some bruising following liposuction, though this should settle over the first two weeks.
4. It is important to rest as much as possible for the first 48 hours after surgery. You should take things easy at home for the first week and then recommence light household chores.
5. You will be provided with a pressure garment before your discharge from hospital. You should wear this continuously for one month day and night.
6. You should avoid getting the wounds or dressings excessively wet for the first week. However, the dressings are waterproof to some extent so you can have a light shower almost straight away.
7. For your surgery, stitches have been used that will be removed at 2 weeks.
8. At one week post operatively you will be seen by the nurse in the Dressing Clinic who will remove the dressing and inspect your wound.
9. You should abstain from gym exercise for 2-3 weeks to allow the operative sites to settle. You may then commence gentle exercises within the limit of comfort, building up to more strenuous exercise, if necessary, by six weeks post operatively.
10. You may recommence driving once you feel confident to undertake an emergency stop, until you feel confident to do this you should refrain from driving.

11. I would have advised you that it is important to stop smoking prior to your operation in order to reduce the risks of a complication. You should however, avoid all smoking for the first two weeks post operatively.
12. Following surgery, the type of job that you do determines when you can return to work. If you mainly confined to deskwork, you may feel able to return to work after one week.
13. The tissues around your liposuction sites may become hard and a little lumpy following surgery, this is normal. It may take up to 3-4 months for all this lumpiness to resolve. By week 3 you should commence moisturising and massaging the site of liposuction with a good quality moisturiser and rubbing quite vigorously in circular motions, for five minutes morning and evening The aim being to soften the scar and speed up final scar maturation.
14. Though most people experience uneventful post operative recovery, if you develop any of the following you should contact the ward on the telephone number printed below:
  1. **Temperature greater than 38.5°**
  2. **Severe pain not alleviated by simple painkillers**