



# BE SCULPTURED

## LIPOSCULPTURE..... POST-OPERATIVE INSTRUCTIONS

As you have arranged, please have someone drive you home after your procedure. It is preferable that someone stays with you overnight.

\*\* Do not drive a car or operate power machinery until the day following surgery. This is very important as some of the sedation medication used in the procedure will affect your ability to drive.

\*\* Do not drink alcohol or coffee for 48 hours after surgery as this can cause nausea and vomiting and increase the potential of lignocaine toxicity.

\*\* Do not sign important documents.

Please take the prescribed medications as directed. The antibiotic capsules (Keflex, other) are taken 3 times per day until the end of the course.

**DO NOT TAKE ASPIRIN OR OTHER ANTI-INFLAMMATORY MEDICATIONS** for two weeks after surgery as these can significantly affect the amount of bruising that you experience. Panadol or Panadeine or Panadeine Forte are acceptable (2 tablets every 4-6 hours (max 8/day).

If you are feeling faint or lightheaded it is suggested that you lie down and rest with your feet elevated for 10 minutes. If condition persists, please contact the clinic.

*BRUISING*.....This will increase for 2--3 days then will start to decrease.

*EATING AND DRINKING*.....A light diet on the first few days after the procedure is best. Fluids

should be taken in moderate but sufficient quantities. Hydrolyte / Gastrolyte may be helpful to restore any lost electrolytes. Coffee should be avoided on the day of the procedure, and heavy foods for a few days after liposculpture.

*DRESSINGS*.....You will experience drainage from the tiny incisions (and it may seem excessive over the first night, but this is quite normal) for a day after the procedure.

It will be somewhat blood-tinged and will be more profuse in the dependent or lower portion of any areas treated. This will last for just over a day but may be somewhat longer. When it stops you will no longer need the padding.

*GARMENTS*..... The garments used after liposculpture procedures have a number of functions.

They help get rid of the fluid after the procedure, keep the tissue in position and make the areas treated feel more comfortable. Below is a list of how long to keep garments on after various areas treated. When you wish to wash the garments, wash them by hand, then dry them in a tumble dryer. Return to wearing the garment(s) again as soon as they are dry. Garments are to be worn with the larger sized garment closest to the skin. Underwear is to be worn over the garments. Loose clothing only should be worn over the areas treated for a minimum of 1 month.

**Abdomen, waist, hips, inner thigh, outer thigh, knee and buttocks procedures:** BOTH garments are to be worn for 7 days then a further 7 days wearing only the smaller garment

**Arms and underarm area:** 7 days

**Male breasts:** 10 days

**Female breasts:** 2 days then sports bra for a month (no underwire)

**Neck:** 2 days and 2 nights (then sleep on 2 pillows for 2 days) then wear only when at home for next 3-4 days.

**Ankles and calves:** wear TED (compression) stockings for 1 month

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**BATHING & SHOWERING**..... You may take a shower the following day after the procedure. It is important that you take care when showering especially the day after surgery as your blood pressure may fall when the surgical garments are removed. You may become dizzy, lightheaded or faint. It is important that someone be with you when you shower first to assist you if necessary. Should you feel faint, lie down immediately. You may use soap & shampoo. Baths should not be taken for about ten days after the procedure until the small access points heal.

Please **DO NOT TRY TO RUB THE SURGICAL MARKINGS**, they will start to wear off in the next few days to few weeks.

**ACTIVITIES**..... When you get home, you may rest or go to bed for a while, but in general, continue

with your normal activities and also do some walking. Walking is a good adjunct to healing, allowing the tissues to settle in a natural position. Walking may be commenced on the day after the procedure, unless the abdomen has been treated and then it is usually started on the third day after the procedure (20--30 minutes of gentle walking per day is sufficient).

You should wait at least 10 days for more intense activity (low impact aerobics and swimming) but longer if there is more than minimal bruising. However, if discomfort is experienced with activity, it should be discontinued.

More strenuous activity should be postponed for at least 3 weeks. All patients undergoing abdominal liposculpture should avoid prolonged walking and standing for two days after the procedure to avoid pooling of fluid below the lower abdomen.

**WORK**..... You will be able to return to work in 2--3 days (for non--manual work) or 5--7 days (manual work).

**YOU SHOULD REPORT** immediately any unusual pain, fever or persistent discharge of more than four days duration. It is usual to have some degree of firmness within the tissue for the first few weeks. There is also the likelihood of some lumpiness at day 4-- 5. If you have any problems or queries, please contact the Clinic on 9906 1555 or Dr Heckenberg on 0412394502.

**APPOINTMENT**.....Please make an appointment with the doctor for your follow--up visit before leaving the Clinic. Make note of any points that you would like to discuss about the procedure or your care.

Patients must remember that the immediate post--operative appearance in some areas that were treated (especially the abdomen) may not look remarkably different. This is a result of the swelling within the tissues and may take several weeks to change. Patience is required while the final results are awaited which can take up to three months or longer.

In the long term, patients will benefit from a regular exercise program and it is recommended to join a local gymnasium where an individually structured exercise program can be given. This is important, not only from the point of view of cardiovascular fitness, but also to keep the new shape in tone, to help with the further tightening of the musculature (especially the abdomen) as well as the tightening of any loose skin. Diet is important too. If you would like information on seeking a nutritionist who specialises in weight loss, or a personal trainer to change your lifestyle and diet, please ask.

