



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 for 24 hours after surgery. This is very important as the sedation medication used in the procedure will affect your ability to drive.
- ** Do not drink alcohol or coffee for 24 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. Paracetamol or paracetamol with codeine are acceptable (2 tablets every 4-6 hours (max 8/day)). The anaesthetist may prescribe a different opioid medication for pain relief.

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 doctor (0412394502) or the clinic (0484898977).

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. Hydralyte / 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. Extra pads are provided to you plus an absorbent protective sheet for your bed. Please call the doctor if you are concerned or need reassurance (Ph 0412394502)

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 (best in cold water) then dry them in a tumble dryer (a hot cycle is OK in order for them to dry quickly). Return to wearing the garment(s) again as soon as they are dry. If you are provided double garments, then the larger sized garment is worn closest to the skin and the smaller garment on top of that. 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

Abdomen: A white elastic binder may be provided to you for extra compression and should be worn over the 2 black body garments for the first 7 days. If too uncomfortable to wear whilst sleeping then it may be taken off at night. Please don't wash this binder as it takes too long to dry and is only required for the first week after the procedure.

Arms and underarm area: 7 days with single garment

Male breasts: 10 days with vest and a white elastic binder for the first 2 days

Female breasts: 2 days in the black garment provided plus the white elastic binder on top of the black garment, then a supportive 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

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 a 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 the next day 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 2nd or 3rd 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 3-4 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.

FLIGHT TRAVEL..... No long-haul flights more than 4 hours for 2 weeks post procedure to reduce incidence of DVT (Deep Venous Thrombosis) and PE (Pulmonary Emboli) and for 4 weeks post calves and ankles liposculpture

WORK..... You may be able to return to work in a few days (for non-manual work or working from home) or 7-14 days (manual work). But a week off work is advisable for most patients.

LYMPHATIC DRAINAGE MASSAGESome patients may wish to have lymphatic drainage massage treatments after the procedure to help swelling reduce more quickly. These treatments may be commenced once the leaking has stopped. They are not mandatory and there are extra costs for these treatments as they are performed by other therapists. If you would like a list of therapists, please ask.

YOU SHOULD REPORT immediately any unusual pain, fever, feeling unwell, 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 concerns or queries, please contact the Clinic on 0484 898 977 or Dr Heckenberg on 0412 394 502. If Dr Heckenberg is unavailable, liposuction colleagues have agreed to be available and their contact details may be acquired from our registered nurse Karmie on 0484 898 977.

APPOINTMENT.....Please make an appointment with nurse/doctor for your follow-up visit before leaving the hospital. Make note of any points that you would like to discuss about the procedure or your care. Follow-up visits are not limited, but usually are within a week of the procedure, another at 6 weeks and another at 3 months. Dr Heckenberg will call you the next day after the procedure.

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 or months 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 provided. 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). Diet is especially important too as liposculpture is not a weight loss tool. 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.