

# LIPOSUCTION

## WHAT TO EXPECT

- You will receive a courtesy call the day after your operation. A review follow-up appointment with the wound sister or with Dr Patel will be arranged with you.
- Discomfort for the first three days and this will improve each day.
- Temporary pain, soreness, numbness, discolouration and swelling.
- The bruising and swelling will disappear within six to eight weeks.
- You will feel tired and lightheaded for a few weeks. Take it easy.
- You will wear a garment for the next six to eight weeks to help with the swelling.
- The skin will improve and become taut and contoured over time.

## WOUND CARE

- You may shower from day one, do not soak in a bath.
- Sutures are self-dissolving.

## ACTIVITIES

- Walk from day one to prevent blood clots.
- Activities involving the affected areas should be reduced for about two weeks.
- Strenuous exercise and sport can resume within four weeks depending on extent of the surgery.

## PAIN MANAGEMENT

- Take pain medication as prescribed.
- Take it regularly, do not wait until you start feeling pain. Treating pain early usually brings faster pain control.
- Side effects of pain medication can be drowsiness, dizziness, nausea, vomiting and constipation. (This is lessened if medication is taken with food.)

## NAUSEA AND VOMITING

- This is not so common with modern anaesthetics and if it does occur, it usually lasts for a short time only.
- If it persists, keep taking fluids but avoid food.

## WHEN TO CALL THE DOCTOR

- Increased swelling and bruising after a few days.
- Increased pain which is not relieved by medication.
- Draining fluid that has an odour from the incisional site.
- Bleeding that will not stop after applying pressure.

## **CONTACT NUMBERS**

**WOUND SISTER:** 066 017 8256 | **ROOMS:** 044 873 2228 | **DR C PATEL:** 083 260 5528

## **DISCLAIMER**

*These documents give you information about a surgery you are considering. These documents explain the risks of that surgery. They also discuss other treatment options, including not having surgery. However, they cannot cover everything. Your plastic surgeon may give you more or different information. This may be based on the facts of your case. Informed instruction documents are not meant to define or serve as the standard of medical care. Standards of medical care are determined based on the facts involved in an individual case. They may change with advances in science and technology. They can also change with the way doctors practise medicine.*