



MARK GITTOS | PLASTIC SURGERY

LIPOSUCTION POST OP INSTRUCTIONS

GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body
- and a few for sleeping on your back
- Arrange to have light meals post- surgery as anaesthetics can cause nausea
- Drink lots of water post- surgery
- Bring some comfortable loose clothing with you to the hospital, preferably a front buttoned shirt, dress or trackpants
- Bring flat comfortable shoes to wear home

SURGICAL GARMENT

- You should wake up after surgery with your compression garment on. If not, the nursing staff will assist you in putting this on.
- You will be required to wear the garment full-time (day & night) for the first 2 weeks
- At 2-6 weeks you may wear the garment during the day only and at night if comfortable
- You will be wearing compression socks from the hospital, keep these on for 3 days or until you are walking comfortably

MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist
- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- Only take medication that is prescribed
- Constipation is common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery

WHAT TO EXPECT

- You should be comfortable at home however you are likely to experience soreness, tightness, bruising and discomfort around the incision area
- Discomfort is worse the second day after surgery, then improves daily
- The pain medication prescribed will relieve it a lot but not completely
- The discomfort generally settles over the first 5-7 days
- You may experience a brief sensation of dizziness when the garment is removed to shower
- Feeling light headed similar to what you might experience when standing up too quickly, simply lie down until it passes
- Most of the bruising and swelling will subside over 2-4 weeks
- The incision may be pink and firm looking for 6 months. This usually softens and fades over the following 12 months
- The morning after surgery, you should stand up slowly after urinating to reduce the risk of dizziness

INCISION/WOUND CARE

- You may shower when you feel comfortable enough to take the garment on and off, this is usually around day 2 or 3
- You will wake up after surgery with waterproof dressings
- Incisions will be taped with waterproof dressings. Leave these in place until they fall off themselves or need to be changed. You can expect some leakage onto the waterproof dressings
- Leaks; leaks are possible for up to 36 hours, place a towel or plastic sheet underneath your sleeping area to protect your furniture
- Post shower gently pat dry dressings before placing garment back on
- You may very gently blow dry the dressings on a cool heat if necessary
- Do not soak in a bath or go swimming
- Avoid direct sunlight to the incision for at least one year

ACTIVITIES

- The first 48 hours: You should relax at home ensure that you have an adult with you that can help during this time
- Sleeping: Sleep on your back with your head and back supported on 2-3 pillows for the first 2 weeks and a pillow on each side
- Walking: We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- Normal activities: Ease back into normal activities – most women can return to work after 7 days
- Driving; You can drive after 14 days provided you are no longer taking strong pain medications
- Smoking : You must not smoke for the first 6 weeks, doing this could lead to wound problems and poor scarring

POST SURGERY APPOINTMENTS

- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to have your dressings changed and check the progression of healing

- Please make this appointment when confirming your surgery date with Frances on 07557 858156

WHEN TO CALL US

If you experience any of the following symptoms you should contact us promptly;

- Constant severe pain not relieved by medication
- Constant bleeding from the wound
- Yellow or greenish drainage from the incisions or notice a foul odour
- Fever
- Side effects to medications: such as rash, nausea, headache or vomiting