



## **LIPSOSUCTION / FAT TRANSFER CARE INSTRUCTIONS**

**These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.**

<b>WHAT TO EXPECT AFTER SURGERY</b>	
<b>HOSPITAL STAY</b>	A Liposuction operation is normally a day surgery procedure (unless otherwise discussed with Dr Doyle prior to your surgery) therefore you will leave hospital the same day.
<b>HOSPITAL RECOVERY &amp; DISCHARGE</b>	After your surgery you will wake in recovery. When you wake you will be wearing a compression garment. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive).
<b>PAIN RELIEF</b>	You will be given a script for pain medication and for anti nausea to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
<b>PAIN MANAGEMENT</b>	Expect temporary pain and swelling to the area where liposuction has been performed. Maximum discomfort should occur in the first few days and then subside each day thereafter. Your recovery is subject to your response to the healing process and is different for everyone.
	For comfort and reduced swelling sleep with your body part that was operated on slightly raised on 1 to 2 pillows for as long as swelling persists.
<b>HEALING</b>	The initial liposuction results may be minimal and may not be as dramatic as you would like. This is due to post surgery swelling. Results vary from patient to patient, and depending on the area it may take from 6 to 12 months to see the final results.
<b>COMPRESSION GARMENT</b>	You will have a compression garment on that are required to wear for 23 hours a day for 6 weeks.
<b>POST OP APPOINTMENT</b>	All future nursing appointments will be booked in advance and prior to your procedure. This will be given to you when you leave hospital ( <b>see Post Op appointment information in full on page 2</b> ).



## WEEKS FOLLOWING SURGERY

<b>GCPS POST OP APPOINTMENTS</b>	The standard review appointments following Liposuction / Fat Transfer are as follows:
	1. Approximately 7-10 days post surgery you will be reviewed by our nurse. During this visit your sutures will be removed.
	2. Approximately 6 weeks you will be reviewed by Dr Doyle and our nurse. Please keep in mind that swelling at 6 weeks is completely normal and to be expected. All appointments following will vary slightly between patients. However, review appointments are quite common approximately 3 months and 6 months post-surgery. During one of these visits, you will have after photographs taken, you're your medical records.
<b>SCAR CARE</b>	As a topical scar treatment Dr Doyle recommends: <ul style="list-style-type: none"><li>• <b>STRATADERM</b> – You could commence using this at approximately 6-weeks post-surgery. You will be given a sample to use until completed.<ul style="list-style-type: none"><li>○ Follow manufacturer's directions of use. It is recommended as a minimum treatment to continue daily applications for 60 – 90 days until satisfied and no further improvement is seen. Once your sample has been used this product may be repurchased from our friendly reception team.</li></ul></li></ul>

## RETURNING TO DAILY ACTIVITIES

<b>EXERCISE / ACTIVITY</b>	Start walking as soon as possible because this helps to reduce swelling and lowers the risk of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. Most patients may resume light exercise 5 to 6 weeks after surgery.
	Strenuous exercise is restricted for 6 to 8 weeks as it may cause increased swelling, bleeding, or disruption of the healing process. These include activities such as gym workouts and running.
<b>SWIMMING &amp; SUN EXPOSURE</b>	No ocean water or pool water for 3 to 4 weeks post surgery or until your wounds are fully healed.
	Your scars will be reddened for about 12 months, then should start to fade and soften. Avoid exposing scars to the sun. If the sun is unavoidable, always apply sunscreen.
<b>DRIVING</b>	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you refrain from driving until you are able to operate your car in a safe manner and when you are no longer taking any narcotic medications.



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## **CONTACT INFORMATION**

If you have any concerns regarding your care, please see our website for care information. Alternatively, do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.