



VASER® & MICRO LIPOSUCTION AFTERCARE

Day of procedure - there is no need to do anything. **DO NOT TAKE THE GARMENT OFF.** Openings are provided in the garment for ablation requirements. If there is leakage through the garment you can re-enforce with plastic backed absorbent sheets. Cover your mattress with similar or old towels.

Day 1 post-op – **You will need someone to help you with this.** Preparing for a shower – **LIE FLAT ON THE BED** and slowly open the compression garment. You may feel faint so **don't** do this standing up. Remove all the soaked dressings and discard. Slowly move to a seated position and then to a standing position. You will still be leaking pink/red coloured fluid. Have a short shower. Don't use soap on the incision sites.

Redressing incisions - Gently pat dry. Sanitary pads are useful for copious leakage. Use the swabs/gauze supplied for smaller amounts. Only cover the incisions that are leaking. There is no need to tape the dressings – the garment will keep it in position. Re-apply the compression garment. Change as often as you require once they are soaked. This may be once or more a day.

If you have been provided with a 4D vest or foam this needs to be placed onto the skin under the garment.

Try remain active, but take it easy in the initial postop period. Remaining upright will promote leakage of fluid. **MLD** sessions can be started day 1 postop.

If steri-strips have been applied try and keep these on for 5 days. If they accidentally come off replace them with a band-aid plaster. Remove them after 5 days. Don't have a bath until all incisions are closed.

Day 2 onwards - the incisions will slowly stop leaking. One side may stop before the other. Continue dressing with gauze or with sanitary pads.

Keep the surgical compression garment on for the advised period, usually 72 hours for treatments on the face and under the chin (do not go to sleep with garments on the face if they are uncomfortably tight).

For other areas (tummy, love handles, thighs etc.) wear the garment for **3 weeks 24/7** and thereafter you must wear it for **further 2-3 weeks 8-10 hours a day during the day.** **DO NOT** use hot or cold packs (hot water bottles etc) as these may scold you.

Usually a short course of antibiotics is prescribed for 3-5 days. Take the anti-inflammatories as prescribed. The Co-codamol may make you feel nauseous, drowsy or constipated.

Although this is a local anaesthetic procedure and there is no hospital stay required you should still take it easy and not overexert yourself in the first 1-2 days.

Return to every day activity as normal avoiding vigorous activity (gym) or sport for a two week period. It is important to be very mobile and active. **Do not** wear tight belts or trousers/dresses as they may create creases around the midriff.

Sometimes you can develop quite uncomfortable post treatment inflammatory lumps. These are generally more common in larger treatment areas like the abdomen. Gentle massage (MLD) together with wearing of compression garments will help with this. It is important to do regular self-massage and stretching a few times a day. Numbness, heightened sensitivity, and tingling are all part of the healing process and may be felt in the treated areas.

Remain vigilant and if you experience persistent or increasing swelling, skin redness or elevated temperature that may indicate infection, contact the clinic for advice. **Patient on call nurse, 0800 170 1790 (out of hours), Dr Dennis Wolf only in an emergency 077 6460 5069**