Precautions after Liposuction

Posture

1. Use 2-3 pillows when lying down to keep the surgical area elevated above your heart.
2. You may feel dizzy when you get up suddenly for a day or two after surgery, so get up slowly.
3. **Be careful not to bend forward if you had undergone abdominal liposuction surgery as it can cause fat around the belly button to bunch up,** and try to keep your back straight as often as possible.

Dietary Instruction

After surgery, **combining moderate exercise with a low-calorie diet**, while **avoiding caffeine and high-calorie foods**, helps maintain the results of the surgery.

Swelling

1. The more liposuction area, the greater the swelling will be, and bruising may last for 1 to 3 weeks, depending on the area. 70-80% of the swelling will subside within 3 to 4 weeks.
2. The majority of the swelling will go down in the first month after surgery, and the remaining swelling will slowly go down over 2 to 3 months. It will take at least 3 months to notice dramatic changes.
3. Bruising, stiffness, tingling, or numbness may occur at the surgical site, but these symptoms will disappear over time.

Wound Care

1. **For 1-2 days after surgery, some of the fluid (tumescent solution) may ooze out of the incision as a pale bloody fluid.** Since this is not bleeding, don't be surprised, just wipe it away with a clean gauze.
2. **Showering is possible from the 2nd or 3rd day.** You can take shower after applying a waterproof bandage. Be sure to disinfect the sutured area after showering. Change the bandage daily to keep the wound dry and properly cared for.

Wearing compression garments

1. Compression garments will be worn on the day of surgery and will be discharged home with it.

Precautions after Liposuction

2. **Compression garments should be worn for a minimum of 4 weeks and can be worn for up to 2 to 3 months.** The duration of wear may vary depending on the patient's condition.
3. You may feel dizzy in the early post-operative period, so sit up when removing your compression garment.
4. **Avoid wearing other tight clothing (belts, tight underwear, tight elasticated trousers) except compression garments above the liposuction area as they can cause fat deformities.**

Work out

1. **Starting the day after surgery and for 2 weeks, you should take light walks or strolls to help with blood circulation.** Moving the surgical area will help with blood circulation, and staying still can cause prolonged swelling.
2. Aerobic exercises or intense workouts can be done starting from 1 month after surgery.

Medication

1. Please take the medicine prescribed upon discharge regularly at the designated time. **If symptoms such as diarrhea or hives occur after taking the medicine, stop taking it** and contact the hospital.
2. There are painkillers in your prescription, **but if you still feel a lot of pain after taking them, you can take additional Tylenol.**
3. Avoid multivitamins (especially vitamin E) and nutritional supplements for 1 month after surgery as they may cause bleeding. It is recommended to avoid aspirin for 1 week unless absolutely necessary.
4. **It is not recommended to take anti-swelling medication as it may cause bleeding.**

Drinking and Smoking

Drinking and smoking are prohibited for 1 month.

- Drinking alcohol can cause and worsen the inflammatory response at the surgical site.
- Smoking can also slow down recovery and cause infection.

Progress

Precautions after Liposuction

1. **Hot packs, electric heating map, ice packs, saunas, etc. should be avoided for 1 month after surgery.**
2. **Massage therapy should be avoided for 3 months, as it can worsen swelling.**
3. You may experience some bruising, stiffness, tingling, or numbness at the surgical site, but don't worry, this will go away over time.
4. To prevent haematoma, you should walk slowly as directed by your doctor and **avoid any movement that puts unnecessary pressure for 2-4 weeks.**
5. If you have had a large amount of fat removed, you may develop a seroma over a long period of time. If this happens, follow your doctor's instructions for treatment.
6. Tightness, pulling and tingling of the skin and partial lumpiness is a normal part of the recovery process.
   - Swelling, numbness, and tingling symptoms usually resolve after 1 month.
   - Pulling and lumpiness symptoms slowly return over 3-6 months.
7. From 2 weeks after surgery, you may benefit from stretching exercises and an aftercare programme.

Emergency Hotline

If you have any of the following symptoms, please call the hospital or the office number of your consultant before coming in.

If you need to contact the hospital immediately

- If you have difficulty breathing
- If you are bleeding profusely
- If you have a high fever of 38 degrees or more or have severe dizziness
- If you have extreme swelling of the wound or a change in skin colour

After business hours

During business hours

Mon–Thu: until 7 PM | Fri: until 9 PM | Sat: until 5 PM

① **Contact your consultant on the office number**

② Emergency contact: **02.512.1288**