

Post Operative Instructions

**SUCTION LIPECTOMY THIGHS / THIGHS + ABDOMEN**

1. Please take all medications as directed.
2. Always clean your hands before touching or caring for your wounds.
3. At the end of the operation a quite firm elasticised garment would have been put on, and this extends from generally the waist area to just below the knees, occasionally it goes down lower.

The small wounds underneath are covered with a steri-strip. Occasionally, you may experience a small amount of bleeding from these areas, and if this is the case a small pad or gauze can be placed underneath the garment over the wound. If it is only quite a small ooze then one can simply leave it be. It is quite unusual to get very large amounts of oozing from this.

Please leave the garment in place for at least the first three days after the operation. If it is tight around the abdomen or other areas you can temporarily undo the zipper for some minutes then do it up again.

You may find it more convenient to shower in the garment for the first week. Use a hairdryer to dry the garment. This will save you the trouble and discomfort of getting in and out of the garment.

If you take the garment off to shower (after three days) leave the white steri-strips on the wounds.

At this time you can also wash the garment. Whilst this is drying it is best to wear firm clothing, such as lycra tights or bicycle shorts, or very firm pantihose.

4. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise.
5. If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead.

Follow up appointment: .....

at:            Kogarah Rooms            Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.

**Please see the reverse for garment care instructions →**



COMPRESSION GARMENT CARE INSTRUCTIONS

use cold/cool  
water only



use gentle  
soap



hand  
wash



do not use  
bleach



do not use  
fabric softener



do not place  
in dryer



do not dry  
clean



do not  
iron

