



DR ADRIAN KNOX MBBS FRACS
PROVIDER NUMBER: 0371519F

ST GEORGE PRIVATE HOSPITAL
SUITE 6, LEVEL 3
1 SOUTH STREET
KOGARAH NSW 2217
PH: 02 9553 9188
FAX: 02 9553 1976

POST OPERATIVE CARE FOR SUCTION ASSISTED LIPECTOMY THIGHS

Upon leaving the hospital please follow the following instructions for your post operative care.

1. Please take all medications as directed.
2. 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 cutifilm. 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 cutifilm on the wounds. Replace if they fall off.

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.

3. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise.
4. Please make an appointment to see Dr. Knox as advised.

COMPRESSION GARMENT CARE INSTRUCTIONS

- Use cold/cool water only
- Use gentle soap
- Hand wash
- Do not bleach
- Do not use fabric softener
- Do not place in dryer
- Do not dry clean
- Do not iron

OTHER:
