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PLASTIC & RECONSTRUCTIVE SURGEON  
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# LIPOSUCTION

PRE/POST-OPERATIVE INSTRUCTIONS

## PRE-OPERATIVE INSTRUCTIONS

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- Prepare your skin for 3 weeks before surgery with Dermalac Lotion and Vitamin A, C & E Body Oil from Environ.
- If you are a smoker – NO SMOKING for 3 months prior to surgery.

## POST-OPERATIVE INSTRUCTIONS

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- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake. A good stool softener, such as Movicol, may be used.

## ACTIVITIES

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- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Discuss your time off from work with your surgeon. This varies according to the surgery.
- Resume sexual activity as comfort permits, usually 2 to 3 weeks post-operatively.
- Activities involving the affected areas should be minimised for approximately 2 weeks.
- Strenuous exercise and sports activities should be avoided for 3 to 4 weeks, depending on the extent of the surgery.

## INCISION CARE

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- You may shower only after your post-operative appointment (usually 4 days post-operatively).
- Avoid exposing your scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Apply Micropore to the incision lines for 3 months – change every 7 to 10 days. Do not remove the tape every day as it will cause irritation of the surrounding skin.
- Keep incisions clean and inspect through Micropore daily for signs of infection or oozing.
- **DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.**
- Incision areas may be massaged through the Micropore for the first 3 months.

- ScarScience, available from MASC Laser Clinic, should be applied from 6 weeks post-operatively, over the Micropore for another 6 weeks, and then on the incision directly for another 3 months post-operatively.
- No soaking in the bath while sutures or drains are in place.
- Support garments must be worn 24/7 for 3 months post-operatively and only removed for short periods while taking a shower.
- Sleep with a pillow under your knees and your head elevated on 2 pillows.

## WHAT TO EXPECT

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- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- You may experience temporary pain, soreness, numbness, swelling and discolouration.
- Scars will fade in several months to a year.
- You will have bruising and swelling of the lipo-area. The majority of bruising and swelling will subside in 6 to 8 weeks.
- You may tire easily for several weeks.

## FOLLOW-UP CARE

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- Surface stitches will be removed in 4 to 7 days post-operatively.
- Support garments should be worn 24/7 for 3 months post-operatively, and only removed for short periods while taking a shower.

## WHEN TO CALL

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- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 37°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

**EMERGENCY NUMBER: 072 543 5998**

Please visit the website for more information.  
**[www.doctortoogood.co.za](http://www.doctortoogood.co.za)**