



Looking good & feeling great!

Post-Operative in for Liposuction/Liposculpture:

1. Post-operative drainage will follow the surgery. The fluid is slightly red as it is tinged with blood. Prior to the surgery, there is approximately two to three litres of fluid that are pumped into the surgical site. Maxi pads are recommended for the incision sites and bandages should be changed daily or when saturated.
2. You may have nausea or vomiting and this may be secondary to antibiotic or pain medications. Please take your medication with food. You may use Gravol if nausea persists.
3. Please have someone stay with you the first day after surgery.
4. Please drink lots of water, eight glasses per day, and do not restrict your meals.
5. The day after surgery, you may remove the support garments. All the dressings may be removed and you may have a shower. Change dressing or maxi pads over the incision site. It is advisable to have an extra support garment to be worn while washing the soiled ones. Do not bathe until your incision sites are healed over. Garments must be worn for 24 hours a day for the first week and then daily for six weeks. The length of time that garments are worn varies according to the sites of surgery and the amount of fat removed.
6. The antibiotic prescription is for one week. Please taken the entire prescription.
7. Post-operative discomfort is felt as deep muscle soreness. It improves over the second to seventh day post surgery. This discomfort tends to change to numbness and tingling as the area recovers. This may take weeks.
8. Incision sites are to be cleansed with rubbing alcohol, and antibiotic ointment is to be applied and covered with a band-aid or telfa pad.
9. Do not apply heat or ice to the suctioned areas. These areas will have decreased sensation from both the anaesthesia and the surgery, and you could burn or cause frostbite to the area.
10. Massage is good for the areas and may be done gently at first. Whirlpools are permitted one week after surgery.
11. Avoid suntanning until bruising has faded.
12. Please rest for the first 12 hours and limit activities for the first week. There may be swelling and discomfort. Do not exercise excessively.
13. There may be swelling in the pubic area if the abdominal area has had liposuction. Swelling in the ankles is possible if the knees have been done and swelling of the hands if the axilla or arms are done. You may elevate your legs or arms and this will help to drain the area.
14. Post-operatively after the swelling and bruising are gone, the areas done may remain numb or have the sensation of pins and needles for a while. This is because nerve endings under the skin are recovering. In some people, it may take months for this to subside.
15. Possibly, but rarely, some patients may feel depressed for a little while. To cheer yourself up, plan a new wardrobe or a new lifestyle! Do gentle exercises to tone muscles, do some walking, and see your new image in your head, and you will soon feel better.
16. You will return to our office for your six week check-up and pictures will be taken at this time.

IF YOU ARE EXPERIENCING ANY PROBLEMS, NOTIFY DR. LIAO AT OUR OFFICE: (780) 482-1548
E-Mail: jyliao@telusplanet.net

YOU WILL BE GIVEN VALIUM TO TAKE AT HOME FOR THE FIRST 24 HOURS POST SURGERY. IT IS IMPERATIVE THAT THE VALIUM BE TAKEN AS IT COUNTERACTS THE XYLOCAINE THAT IS IN THE TUMESCENT ANAESTHESIA USED DURING LIPOSUCTION/LIPOSCULPTURE PROCEDURES.