

**Adelaide
Plastic
Surgery
Liposuction**



**Discharge
Information**

Liposuction

Discharge Information

What will I experience following surgery?

Swelling and bruising are common following liposuction. There is often some minor oozing of serous (blood stained) fluid from the incision sites in the first 24–48 hours after surgery.

Feelings of discomfort or stiffness are common in the first few days, but are usually mild in nature.

Bleeding

It is normal for the suture line to ooze blood for 24–48 hours.

If the area bleeds:

- Lie down and rest.
- Apply firm pressure over the area for 20–25 minutes.
- Ice packs can be applied to assist in controlling the bleeding.
- If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 Monday to Friday 9.00am to 5.00pm.
- Outside of these hours please call 8213 1800 and listen to the message. You will be provided with contact details for our on call surgeon or nurse.

Pain or discomfort

Pain and discomfort are expected in the first few days. Gradually this will resolve.

If you are experiencing pain or discomfort take Panadol or Panadeine 4 hourly (as long as you are not allergic to these) with a maximum of 8 tablets in 24 hours.

Alternatively your surgeon may prescribe you a pain reliever.

Aspirin based pain relief should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

If the pain worsens over the first few days please phone and speak to one of our nursing staff.

What care should I take post-operatively?

In most cases, you will need to wear a compression garment to help reduce swelling.

The garment is usually worn day and night for 6 weeks, but occasionally may come off sooner.

You may shower after 24 hours post-operatively. When showering, remove your compression garment. This garment should be laundered as necessary.

Patients often purchase two garments, to allow one to be laundered while the other is worn.

Suture removal

If you have sutures they are usually removed 7–10 days after surgery.

When can I resume normal activities?

Most people can return to work 1–2 weeks following surgery.

Avoid strenuous sport/exercise for 3–4 weeks. (This does depend a little on the extent of the liposuction performed).

Gentle walking can be commenced after the first couple of days with gradual increase in pace and distance.

Any concerns or questions

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

In case of an emergency

Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

We deal with whatever life deals out

Plastic, Cosmetic
& Reconstructive
Surgery

General Surgery,
Surgical Oncology
& Breast Surgery

Cosmetic &
Laser Physicians

Nurse Injectors

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