

# Laurence A. Kirwan, FRCS, Plastic Surgeon

## Instructions for Liposuction

### PRE-OPERATIVE INSTRUCTIONS

1. If ordered, please have your cardiogram (ECG) performed as soon as possible before surgery. If it is abnormal a cardiology consult may be required which could delay your surgery. Your blood tests should be done within 6 weeks of surgery.
2. Shower and shampoo with ANTIBACTERIAL SOAP (over-the-counter) prior to surgery, paying particular attention to the surgical area. Do not apply body creams of any kind. Please wear a zip up top and pull up pants the day of surgery. Sweats work well. Please wear flat shoes - no high heels or sandals. Do not wear make-up or nail polish, jewelry or panty hose and no body piercings. These guidelines are for your safety.
3. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY.
4. Please fill your prescriptions before surgery. In the UK you will usually be dispensed your medications by the Hospital Pharmacy.

### POSTOPERATIVE INSTRUCTIONS

1. Your surgery will take approximately 2 hours after which you will be moved to the recovery room until you have awakened sufficiently to return home. You must be accompanied by an adult (someone 18 years or older) who may drive you home and must remain with you for the first 24 hours after surgery. You will need someone to drive you to the office if you have a follow-up appointment the next day.
2. You can expect drainage from the puncture sites to ooze onto the garment. We have padded the inside of the garment with dressings. This oozing typically stops after one night. You should protect the bed linen by using towels or water-proof pads from the surgical supply store.
3. The puncture sites are closed with dissolvable stitches.
4. The elastic garment should be worn day and night for two weeks after surgery and during the day only for another 2 weeks. The most helpful support is the garment. Many patients choose to wear a garment for longer. You may wash it after 3 days but do not put it in the dryer. Additional garments are available. You can expect bruising to occur after liposuction. It can last for 10/14 days. Do not expose yourself to the sun at this time if at all possible.
5. Protect all scars from the sun for 6 months. Elta sun block is also recommended to prevent hyperpigmentation. Bathing suits alone will not provide the necessary protection from the sun.
6. Approximately 10 days after surgery, 'Kelacote' is recommended to be massaged into your scars with light pressure, at night, for a minimum of three months. This will help to prevent thick and raised scars. Dr Kirwan also recommends Extra Mild Protection Cream (La Roche Posay) in the morning, to soften the scars. All creams should be applied in a thin layer only.
7. You will experience an itchy sensation starting usually 10 days to 2 weeks after liposuction that will remain for 6 – 8 weeks. This is normal healing. The skin will feel numb where the liposuction is performed.
8. Depending upon your work requirements and the area of your surgery, there may be some minor restrictions.
9. You may resume most of your normal activities within 2 weeks.
10. Three weeks after surgery you may resume strenuous activity such as heavy lifting, bowling, golf, tennis, swimming, running, etc., if you can tolerate them comfortably.
11. If you should have any questions, please call the office at 020 7637 4455 (UK) or 203 838 8844 (USA, Connecticut) / 212 838 8844 (USA, New York).