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Instructions for patients undergoing liposuction

Surgery can be demanding on your body. Try to allow yourself the time and space to recover. Attempt to keep an empty diary for a week following surgery. Have a positive mental attitude – this will not only make you feel better, but actually enhances healing. If you experience any problems at any time, please contact me.

Before Surgery:

1. To reduce bleeding and minimise bruising the following agents should NOT be taken for 2-4 weeks prior to or after surgery:
 - a. Aspirin or aspirin-containing medication
 - b. Vitamin E or vitamin E-containing products
 - c. Evening primrose oil
 - d. Any other agent that affects blood clotting
2. To enhance healing, you may take the following agents pre-operatively:
 - a. Vitamin C 1000 mg daily
 - b. Zinc
3. Do not take Arnica pre-operatively – it can cause bleeding. Arnica may be started on the 2nd post-operative day.
4. Smoking diminishes blood flow and therefore the delivery of essential nutrients and oxygen to the tissues. If you are a smoker, you should try to cease smoking 2 weeks before surgery and not resume until a week after surgery.
5. Shower or bath well the night before and the morning of surgery. Wash your body well.
6. If you develop any medical problems, including infections prior to surgery, please notify my office.
7. Wear comfortable loose clothes. Avoid thin, white material.
8. Avoid wearing jewellery or bringing valuables to theatre.
9. Bring your pressure garment with you for surgery.
10. Try to ensure that you are well prepared: you will need a lift home; ensure that you have clean bed linen and meals available. Plan ahead.
11. You must have nothing to eat or drink on the morning of surgery. You must be nil by mouth.

After Surgery:

1. If you experience any problems, please contact me. If the problem is minor then I may be able to simply reassure you over the telephone. If the problem is not minor, then I prefer to know about it sooner rather than later.
2. Your wounds will be leaky. Remember that we have injected a large volume of local anaesthetic into the area (in the range of litres) and this becomes blood stained and leaks out. You will be leaky for about 2 days after surgery.
3. Urine output: you need to drink enough fluids to maintain a good urine output. If you are drinking enough, you will be putting out large quantities of pale, yellow, dilute urine. If your urine is dark, drink more. If it persists or if you do not produce any urine for a few hours, you need to call
4. Bruising: The bruising will get worse for the first few days, peak and then fade away over the next couple of weeks. The bruising should be more or less the same on both sides.
5. Rest: Over-activity, especially excessive walking, will lead to marked swelling of the legs, pain and discomfort. Excess swelling delays healing. Do a little bit at a time, increasing slowly with each day.
6. You can shower from day 1 after surgery. Try not to soak in a bath. Leave the micropore dressings on each cut in place until your post-operative visit, when we will decide when to change them.
7. The pressure garment should be worn for 3 weeks day and night and then for an additional 3 weeks at night.
8. Do not use hot pads, hot water bottles or any other heating devices after surgery as some areas may have diminished sensation and you there is a risk of burning.
9. Stretching and gentle exercises can be started after 2 weeks. Gym and sports may be re-started after 3 weeks. Your body will tell you if you trying to do too much too soon.
10. Do not drive for 5-7 days after surgery. You should feel ready to be able to drive.
11. Expect swelling and bruising for up to 4 weeks post-operatively. This may be asymmetrical. There may be lumpiness and irregularity which will disappear, but which may last up to 6-8 weeks.
12. Expect mood changes after surgery. It is not unusual to feel euphoria, depression or mood swings after surgery.
13. Once again, if there are any problems, call me.