

# Preparation & Aftercare Information

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## VASER Liposuction (Abdomen & Flanks)



Making you, more you

This information has been provided to enhance your understanding of our procedures or treatments prior to an initial consultation with a specialist consultant plastic surgeon. Many clients find it useful to note down questions they have thought of whilst reading this treatment guide. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).

For out of hours emergencies and at weekends, please call 07753 211771.



### Preparation before surgery

- **Smoking (Cigarettes or E-cigarette with nicotine):** You should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- **Do NOT take Arnica or herbal tablets** 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising. If you are on blood thinning medication, notify us immediately.
- Please ensure the removal of nail varnish on fingers (including acrylics or gel) and lash extensions, do remove all jewellery before attending.

### The day of surgery

Please **DO** observe the following on the day of your surgery:

- Enjoy a light meal before attending, unless you are scheduled for twilight sedation.
- Shower on the morning of surgery, washing well.
- Please wear a dark coloured, loose fitting top.
- Arrange your transport home. We advise you not to drive after the surgery and have someone help to take you home.

If you are scheduled for twilight sedation, please observe the following:

- Do not eat anything up to 6 hours before your surgery. This includes boiled sweets and chewing gum.
- Do not drink anything but water up to 4 hours before your surgery. Please stop drinking altogether up to 2 hours before your surgery.

### Aftercare

Aftercare in the following days and weeks after your procedure will consist of your follow-up appointments:

- 24 hours post-surgery: drain removal & recovery massage (1 and a half hours)
- Minimum of 7 to 10 recovery massages (1 hour each)

Please note while incision ports are open massages need to be scheduled on consecutive days.

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up in clinic or by phone if you live at a considerable distance.
- Approx 6 month follow up either in clinic or by phone.

If you have any concerns, our door is always open and additional follow up appointments can be scheduled by contacting your patient coordinator or Bella You directly.

Please note if you need to cancel or reschedule any of the above appointments, please give 24 hours notice. Any aftercare session you cancel or for which you do not arrive, will be deducted from your allocated free sessions, you must arrange another treatment session as a replacement which will be charged. Additional sessions will be charged at £150 for a 60 minute treatment.

It is imperative that you complete all aftercare sessions as agreed. The aftercare is essential to your result. Please also remember our door is always open and more follow up appointments can be scheduled.

Prescribed pain relief:

- 1g Paracetamol - FOUR times a day
- 400g Ibuprofen - THREE times a day
- 30mg Dihydrocodine - FOUR times a day
- 4mg Ondansetron (Anti-sickness) - ONCE
- 7.5mg Senna (laxative) - 1-2 TABLETS at bedtime
- We will provide you with 2 compression garments and one 4D foam surgical garment.
- We recommend wearing your compression garment above your 4D Foam garment for 24 hours a day for four weeks after surgery (remove it prior to showering and if the garment needs washing).
- If you have drains, you can't shower until these are removed. Once drains are removed, it is advised that you shower daily to keep incisions sites clean.
- If your recovery is progressing ahead of what is typically observed, your surgeon may advise that it can be removed sooner, occasionally after 3 weeks i.e. when the skin has adhered to the muscle layers and you are healing well, you will be able to have a few hours a day when you won't need to wear your foam garment but you will still need to wear your support garment.
- When you no longer need to wear both the foam and compression garment, you will need to wear a new compression garment that has no zip or hook and eye as these will leave superficial indentation.
- When wearing a compression garment, underwear must be placed over the top to avoid unwanted



indentation.

- You will be provided with compression stockings which must be worn night and day for the first 2 weeks, unless showering. If you are more mobile after the second week, you may remove the stocking during the day, only wearing them at night, but do remember to move your feet up and down at regular intervals during the day, as you would on a long haul flight.
- It is recommended that you have a minimum of 7 Recovery massages. It is important that these massage sessions are on consecutive days while incision ports are still open to remove excess fluids. Towards the end of your treatment cycle, these can be moved to every other day.
- Ultrasound therapy, at the time of your recovery massage, will also be given to soften and improve the scar tissue and scars.
- You will be uncomfortable and sore from moderate to high for the first 3 days post treatment, reducing to moderate to low by day 7. This can be managed through your prescribed pain relief.
- It is our strongest recommendation and encouragement you stay locally until the drains are removed. We advise all patients undergoing extensive areas of VASER or multiple sites to stay locally in hotels located within 100m from our clinic. (We have corporate rates with 2 hotels on our doorstep at a cost of £99 per night).
- Bruising is likely to appear and will subside over the next few weeks.
- During the first 48 hours there is usually a lot of leakage from the wounds. This will be a blood stained, anaesthetic solution at the incision sites. Although the fluid may appear red it is mostly anaesthetic solution, saline and a very small amount of blood. In general, the more drainage there is, the less bruising and swelling there will be.
- The leakage may continue for several days after the treatment. Simply apply an absorbent dressing to the area. These can be provided at each of your follow up appointments.
- After all recovery massages have been completed, it is advised that you continue to massage yourself at home, which you can do yourself as instructed by our specialist.
- If you feel comfortable to drive, you can after the second week, as long as you are able to perform an emergency stop successfully. You need to ensure you could perform an emergency stop successfully. Avoid driving if you are taking a lot of painkillers as this can make you drowsy.
- Keep hydrated and keep your strength up by eating a healthy diet.

## Compression garments

Why is it important to wear compression garments following 'body contouring' procedures?

Plastic and re-constructive surgeons recommend wearing a compression garment and consider this to be an integral part of the healing process. Below are the most significant reasons how a compression garment may contribute to optimal recovery and results.

- The internal tissue space, that occurs during surgery, is held closed aiding in faster healing.
- Support is provided to the skin and deeper tissues assisting with successful contours, forming.
- By improving circulation and blood flow, more healing nutrients and oxygen reach the cells.
- Assisting with lymphatic drainage and reducing serous, fluid accumulation.
- Creating a stable post-surgical environment to limit excess further production of fluid secretions.
- Provides comfort and protection, during the most significant phase, of the healing process.

How does compression assist with the healing and closing of post-surgery internal tissue space?

- During surgery there is an interruption to the lymphatic system and even the most careful surgeon, will still do a degree of damage to the natural order of things. Post surgery the tissues and skin that have been artificially stuck down using the surgeons chosen method, inevitably leaves a void, where fluid can collect and build up.
- This results in increased swelling and in some cases, seroma or even haematoma can form.
- Surgeons have various ways to remove this excess fluid.
- The main method is suturing; both internal and external and many surgeons now agree that their modern methods are lymph sparing and subtle enough to avoid the need to use drains.
- The compression garment is important and will assist in keeping the site secure and effectively mimic a second skin; this may result in the slowing down of fluid collecting between the tissues.

The most effective method of selecting the correct, compression garment.

- Make sure you take a record of pre surgical measurements for the body part that will be operated on, and also the neighbouring body parts. The measurements can then be used to determine the correct size for the compression garment to ensure optimal effects, when worn.

How to ensure the compression garment is effective.

- Continue to take the measurements in the same places, post op, at regular intervals.
- If there is swelling/Oedema to the site itself which is increasing every week, this could be an indication that you are not in the correctly, sized or strong enough, compression garment.

Once all serious complications have been assessed changing to a different compression garment would be the next step to achieving optimal recovery and results.

## What to expect and frequently asked questions

When can I start exercising?

You can start exercising again 4 weeks after surgery.

When can I start driving?

We recommend after about 1 week minimum. You need to be able to perform an emergency stop safely before you resume driving.

When can I go swimming or have a bath?

Avoid bathing until advised by the nurse, the water is stagnant and increases your risk of infection. Please do shower daily. Once you are able to return to exercise and the wounds are completely healed, you may resume swimming, as advised by the nurse.

When can I go into the sun?

We recommend protecting the incision sites from sunlight for a year after surgery, using an SPF 50+. In the first 6 to 9 months following the surgery, the scars are immature. Even with a light top on, if the sun UV rays hits the scars they will go red. This will be the case until the scar matures, fades and becomes paler. This usually occurs by 9 months. After this time the scarred area will behave like your normal skin. Therefore prior to this time we advise high protection creams to prevent burning of the area.



## Some Final Bits...

What should I do if I have questions or concerns about my procedure post operative?

Should you have any concerns during the first days or weeks of your recovery, such as whether everything is settling properly, if you suspect an infection or your wound has opened up a little; please be assured that we are always on hand to support you, so please contact us directly. During clinic opening hours, please call the clinic on 01892 257 357. For out of hour emergencies, please call 07753 211 771. While it's tempting to look for health advice online to find an answer to a question or concern, your procedure, your surgeon and your body are completely unique so please speak to your patient coordinator who will arrange for a clinician to set your mind at ease. Typically there is nothing to worry about in most instances, our team of specialists nurses and surgeons are always on hand to assist and assure you.

## Revision Policy

### General Revisions

While our surgeons always strive to achieve the best possible results for each patient, complications can occur (while very rare) with any form of surgery. Our revision policy covers the patient for any complications incidental to our clinical care as well as any corrective revision surgery that may be required if the outcome we expected you to achieve wasn't at first realised. So whether you require further treatment as a result of an infection or wound problem or require an adjustment to achieve the expected result, Bella Vou include all of this care as part of our commitment to you.

### Cosmetic Dissatisfaction

Sometimes an unrealistic expectation might be formed as to the extent of what the procedure would achieve. This tends to be very rare as our world-class surgeons work hard to understand that the desired outcome you seek prior to surgery is realistic with what is medically possible for skin quality, BMI and other underlying factors. During the consultation(s) prior to surgery, the surgeon and the patient will establish what would likely be achievable based on that patient's unique physiology and their individual needs and desires. This would be termed a 'desirable outcome', if that result has not been met, then we would correct that for the patient without further a fee.

Herewith a few examples to help you understand where we would offer revision surgery.

- A breast augmentation patient who underwent breast surgery now has irregularly shaped breasts or who's breasts are not symmetrical in appearance.
- A patient who underwent a tummy tuck and liposuction to the flanks, whereas one flank is nicely contoured, the other has a bulge.
- A facelift patient who develops a pixie-ear deformity in the months following surgery.

With all such examples, Bella Vou would revise these without costs.

Herewith a few examples to help you understand that would not be covered under our revision policy.

- A facelift patient declines a recommendation by the surgeon to have liposuction to the neck as part of a face and neck lift procedure to remove some excess volume and to give the best result. Post surgery, the patient complains that their neck is not as tight as they would have expected. Whilst we can address this concern for the patient, the patient did not take the recommendation of the surgeon previously and now wants the neck tightening further as the neck is still full in appearance or has lax skin. A charge would be incurred for this additional treatment.
- A breast patient is advised by her surgeon to have an uplift in addition to having breast implants to improve the shape and appearance of her breasts. The patient only wants further volume by having implants as her budget is tight. Whilst the patient is happy with the size of her breasts post surgery, she is not happy with the overall appearance as the nipple position is low with less volume in the upper part of her breasts. A charge would be incurred to separately uplift the patient's breasts.
- A tummy tuck patient undergoes a tummy tuck procedure and whilst initially delighted with the result, she then goes on to have further unexpected children or has significant weight gain. The patient is unhappy that her tummy has developed loose skin and is not as flat as it previously was. We can further improve this patient's appearance but this would incur a fee.

#### In Summary

It is important to bear in mind that our surgeons agree on a 'desirable outcome' with the patient prior to the patient agreeing to any treatment. If the patient is in any way unhappy with the 'desirable outcome' put forward by the surgeon, they are under no obligation to proceed with the surgery.



Please do not hesitate to contact us if you have any questions, queries or concerns. For out of hours emergencies and at weekends please call 07753 211771.

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