

Preparation & Aftercare Information

VASER Liposuction (Thighs)



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.
- You will require **regular pain relief** for the first week or two, please ensure you have some paracetamol or ibuprofen available at home also.
- **Do NOT take Arnica or herbal tablets** 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising.
- We will provide you with one surgical garment which the surgeon will put on after the procedure.
- Please ensure the removal of nail varnish on fingers (including acrylics or gel) and lash extensions.

Please inform us if you develop a vaginal or urinary tract infection at least 10 days before your scheduled treatment.

The day of surgery

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

- Shower on the morning of surgery, washing well.
- Please wear something comfortable such as black tracksuit bottoms or loose leggings. If possible, please wear slip on shoes.
- 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.

- Approximate 6 week follow-up with your surgeon
- Approximate 6 month follow-up with our nurse and wound care specialist

Please note if you need to cancel or reschedule any of the above appointments, please give 24 hours notice.

Any aftercare sessions that are cancelled or you do not arrive for will be deducted from your allocated free sessions and you must then arrange another treatment that will need to be paid for. 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.
- The compression garment must be worn 24 hours a day for 1 week (preferably 2 weeks) after surgery (remove it prior to showering and if the garment needs washing).
- 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 swap to a pair of tight gym leggings. Please ensure that the garment has no zip or hook and eye fasteners as these will leave superficial indentation.
- 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 incision sites clean.
- It is recommended that you have a minimum of 5 recovery massages, preferably more. 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 patient's drains are removed. We advise all patients undergoing extensive areas of VASER or multiple sites to stay locally to us within 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. You will be shown how to do this.
- If you feel comfortable to drive, you can after the second week. 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?

You are not to submerge the wounds for a minimum of 2 weeks. This is stagnant water therefore to help prevent from infections you cannot resume until the incisions have completely healed (your surgeon or nurse will advise you). However, you can have a shower daily as this is flowing water.

I still feel the thigh is swollen and it has been 6 weeks. Is this normal?

Yes it is normal to experience swelling and abnormal appearance of the skin during recovery. The final result will not be apparent for at least 6 months from the time of surgery. It is quite normal to still be quite stiff and please do not hesitate to contact us if you have any questions, queries.

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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