



LIPOSUCTION POST-OPERATIVE CARE INSTRUCTIONS

Wound Care & Dressing

- Small liposuction and fat injection incision sites must stay clean until your first dressing change at the clinic (24 - 48 hours after surgery). Some oozing from the liposuction incisions is expected during the first days
- If a drain is in place, follow the instructions on how to empty it and record the amount on the drain document provided.
- After the drains are removed, you may shower daily: wash gently with mild soap and water, pat dry with clean gauze, and apply new sterile dressings if instructed
- At home dressing steps:
 - Wash hands thoroughly with soap and water.
 - Gently remove the old dressing
 - Clean the incision with antiseptic solution
 - Pat dry with sterile gauze
 - Apply new sterile strips or dressings as instructed
- Do not apply creams, oils, or herbal remedies to the wounds unless approved by your doctor
- Sutures, if present, are usually removed after 7-10 days
- Do not start lymphatic drainage massage unless cleared by the doctor



Compression Garments

Wear your compression garment and foam continuously (except when showering) for at least 6 weeks, 24/7. Foam is usually continued for the first 4-6 weeks or as directed by your doctor.

- Ensure it fits snugly but not painfully tight.
- Do not place extra padding directly on the buttocks as this may affect fat survival.

Showering

- You may shower only after drains are removed and clearance is given (usually within the first few days).
- Use mild soap and lukewarm water.
- Gently pat dry with a clean towel or sterile gauze, do not rub the incisions.

Medications

- Take prescribed medication as directed.

Expected Recovery

- Bruising, swelling, and a feeling of tightness are normal in the first weeks
- You may apply arnica gel on the bruised skin (not on the wound) to support faster bruise recovery
- Final results may take 3 - 6 months to settle as swelling subsides
- Some discomfort may occur initially and usually improves with healing
- Small fluid collections “seromas” can occur and may need drainage during follow-up

Scar & Skin Care

- After sutures are removed:
- Begin lymphatic drainage massage if recommended (usually 2-3 times per week, minimum 10 sessions). Only start once cleared by the doctor
- Apply scar treatment products as instructed:
 - Then silicone gel and sheets after gel is dry
- Protect all scars from direct sun exposure for at least 12 months

Activity & Positioning

- Absolutely do not sit or lie directly on your buttocks for at least 4-5 weeks. Use a BBL pillow placed under the thighs only, leaving the buttocks hanging free of pressure
- Sleep on your stomach or side (if approved by the Dr.) for the first 3 weeks
- Gentle walking is encouraged from Day 1 to reduce clot risk
- Avoid bending, squatting, or heavy lifting for at least 4 weeks



Follow-Up Schedule

- First dressing: 24 hours - 48 hours after the procedure, for wound dressing at the clinic
- First week and second weeks: every 2 - 3 days for wound checks/dressings at the clinic
- Minimum Follow ups with Dr. Dora:
 - 1st week from surgery
 - 2nd week from surgery
 - 1 month from surgery
 - 3 months from surgery
 - 6 months
 - Annually

Lifestyle Guidance SOMA Protocol

- Stay hydrated and eat a low-inflammatory diet rich in lean protein, vegetables, and omega-3s
- Avoid smoking, vaping, or nicotine in any form, this compromises healing
- Avoid alcohol for at least 2 weeks.
- Take recommended supplements for healing and recovery
- Avoid sugar to reduced inflammation and better healing



Warning Signs

- Sudden or increasing swelling in one arm
- Severe pain not relieved by medication
- Redness, warmth, foul odor, or pus from the incision
- High fever ($>38.2^{\circ}\text{C}$)
- Shortness of breath or chest pain, or any other newly appearing symptom that worries you

Important

- These are general guidelines. The doctor may modify or change instructions depending on your healing progress

CONTACT US

Website :
www.doraevangelidou.com

Phone No :
+971 58 566 3900

After- Hours No:
+971 4 520 0444

Email :
info@doraevangelidou.com

