



**Plastic, Reconstructive & Aesthetic
Surgeon**

POST-OP INSTRUCTIONS

Liposuction

Rest

- Go home and rest.
- When resting flex calves to help maintain leg circulation and reduce possibility of clots in veins.
- Normal activities can be resumed after two weeks.
- Overnight, remain within 1 hour's distance of the surgery in case of complications.

Bleeding

- Blood stained fluid draining from incision sites for the first 24-48 hours is normal.
- Wear dark, old loose fitting clothes.
- Protect bed and car seat with old towels and plastic sheets.

Wound Care

- Support garment to be worn following surgery, day and night for six weeks.
- Garment can be removed when showering.
- Bruising, ranging from purple through to yellow is normal.
- Swelling will be evident. This will settle down.

Pain Relief

- The Anaesthetist will provide a script for pain relief – sufficient for a week. If you run out, Panadeine should be adequate.
- Do not take Aspirin or NSAIDS (unless prescribed) as it prolongs bleeding.
- Contact Dr Belt if pain relief is inadequate.

Infection

Wound infection is an infrequent occurrence. Contact Dr Belt if your experience:

- Increased pain, temperature and flu-like symptoms.
- Widespread redness.
- Offensive discharge coming from your wound.

Exercise

- Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- Try gentle exercise i.e. walking or isometric (tensing muscle groups for 6 seconds at a time). This will prevent muscle wasting.
- Do not drive a motor vehicle for 7-10 days post-operatively.
- Avoid sexual activity for 2 weeks post operatively.

Emergency

At any time during office hours my Registered Nurse – Sally, is available to help with any concerns you might have pre & post operation. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic is located at:
Level 1, 38 Misterton Street
Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.