

WHAT IS LIPOSUCTION?

Liposuction is one of the most popular cosmetic procedures, and one that has the highest rate of patient satisfaction.

It involves making a small incision and suctioning fat from under the skin using a hollow stainless steel tube called a cannula. It is sometimes done in combination with excess skin excision as in a tummy tuck or thigh lift.

Liposuction can be used to treat stubborn, localized fat deposits in the upper arms, abdomen, thighs, ankles, hips (Love handles), back, neck and breasts that diet or exercise won't budge. Liposuction can remove these fat deposits and restore a smoother, more toned appearance. Thicker or more toned skin gives a smoother result.

PRE-SURGERY CHECKLIST

1. Prescriptions filled before surgery and Tylenol
2. Dressings (gauze or maxi pads/panty liners works well)
3. Antibiotic ointment (Polysporin) or Vaseline
4. Q-tips
5. Paper tape
6. Clothing that will compress the area
7. Ice packs
8. Book an appointment to see Dr MacDonald after your surgery

AFTER SURGERY

1. Don't do any activity that increases your blood pressure for 3-4 weeks after surgery. Slow walking right away is recommended.
2. Shower 2 days after surgery and remove bandages in the shower.
3. If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. a maxi pads or gauze work well for replacement dressings).
4. After every shower apply antibiotic ointment or vaseline gently with a q-tip and cover. Continue for 2 weeks.
5. Ice to areas of liposuction may be used for the first 48 hours.
6. Massage your scars with a gentle cream or ointment starting 2-weeks after surgery for 1-2 minutes 3x day then wipe clean and apply paper tape or gel sheeting. Use constantly until you're happy with the scar.
7. Avoid Vitamin E creams or ointments.
8. Time off work is 1-2 weeks.
9. All the stitches are dissolving.
10. Burning or itchiness around surgical site is normal.
11. Bruising and swelling are normal and may spread but will settle in a few weeks.