

Post-Surgery Precautions



+ Liposuction

- 01** Pain on a surgical part after surgery will be gone after 2~3 days. Liposuction causes less pain compared to other surgeries do but there will be slightly stiff feelings on the surgical part.
- 02** A corrective garment should be worn at all times for 4 weeks after the bandage removal. Wearing the garment as long as up to 3 months is recommend.
- 03** If the amount of fat was extracted a lot, a drainage tube could be inserted through an incision hole. Stitch from the incision hole will be removed in 5~7 days after the surgery.
- 04** The suction part will be sutured to minimize scars. The stitches removal are normally done after 7~10 days from the surgery.
- 05** If general or spinal anesthesia is performed, enough rest for one day is required since full anesthesia gives much stress on the body.
- 06** 1~2 days after ths surgery, returning to normal daily activities is recommended to aid quick recovery from surgical symptoms. Lying on bed for a long time prolongs the recovery period.
- 07** Avoid heavy exercises such as aerobics and/ or working out at a gym for 4 weeks after the surgery. Taking a walk is recommended.
- 08** Shower can be done on the next day of the stitch removal, but please avoid sauna and hot spring for 4 weeks.
- 09** Only pain killers and antibiotics prescribed by the clinic needs to be taken and should be taken correctly. If the pain killers provided is not enough, Tylenol can be taken also. Please avoid taking pain killers which are related to Aspirin as it may cause bleeding.
- 10** Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes the tightening of the blood vessels.