

EF MEDISPA

Liposuction Guide

Liposuction is the removal of excess body fat by suction using special surgical equipment. Using liposuction, a cosmetic surgeon can sculpt almost any area of the body, achieving dramatic improvements with subtle changes.

Whether you have a Vaser Liposuction procedure booked, are considering undergoing a liposuction procedure or are simply researching cosmetic surgery at this stage, we have created this guide to make your treatment as easy and comfortable as possible for you. This guide is complete with tips and tricks from patients, our nurses and our expert surgeons.

Consultation Tips

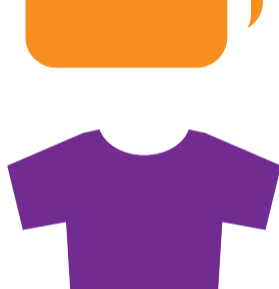

Making the most of your time with the surgeon and the clinic medical team

-  **Do your research**; this is your time with the Doctor to find out more about their surgery experience, education and certification. We understand that **Vaser Lipo** is a big decision so you need to feel comfortable with your practitioner and medical team.
-  **Ask** your cosmetic surgeon to show you examples of past liposuctions, this will help you understand their work and it will also help you set **realistic expectations**.
-  Bring a **notepad** with any prepared questions you have. Your medical consultation is the time to get all of your queries answered and make sure you really **understand the procedure**.
-  We always take **before and after pictures** so you see the difference pre- and post-procedure. As some procedures take a while to settle, a before and after shot is always useful to see how far you've come.
-  Make sure you ask about the **downtime** you will need to **plan** (this is typically 3-14 days with a less invasive procedure such as Vaser Liposuction).

Pre Operation Tips

-  If you have any **questions or doubts** in the days before the procedure, ask the medical team – they are there to make you feel as **comfortable as possible**.
-  **Make sure** somebody is there to **pick you up** after the procedure so you can relax knowing you can go home and recover.
-  **Plan** your procedure so you have enough time to rest and recuperate **after the surgery**.
-  We often recommend to have some **healthy precooked food** or the number of a healthy delivery service to hand so you can focus on resting after the procedure.
-  Make sure you've understood the **aftercare** requirements, have your appointments booked and your **support compressed garment** ready.

Procedure Day

-  Arrive at the **hospital or clinic** in plenty of time so you don't feel rushed.
-  Bring **magazines, music or books** to help you stay calm if there are any delays.
-  Wear loose fitting **dark clothes**.

Post Operation Tips

-  Your **aftercare** is as important as the surgery itself, make sure you **understand** all aftercare advice procedures outlined by your medical team.
-  Make sure you follow your surgeon and medical team's **advice** about taking **pain killers and antibiotics**.
-  **Do not shower** for the first 24 hours.
-  Get **plenty of rest**, don't push yourself if you're feeling sore and tired.
-  **Be patient**; the end result may only be visible after 6 months and any swelling and bruising may last for a few weeks. If you are concerned at any point just **phone the clinic** who will be happy to advise you.

Recovery Tips

-  Ensure you **book and attend** the advised aftercare treatments (e.g. manual lymphatic drainage, carboxy therapy). These treatments are important to ensure you **get a great result**.
-  **Drink lots of water** and eat a healthy diet, including adequate protein and lots of fruit and vegetables. Avoid alcohol and cigarettes.
-  Use **scar healing creams** such as Arnica which is widely available in pharmacies.
-  Wear your **compression garment** if it has been advised, it will aid recovery.
-  You should **avoid strenuous activity** for up to four weeks (your surgeon and medical team will advise in your personal circumstance), although walking and gentle movement should be ok in most cases and can aid recovery.

Shopping List

-  **Incontinence pads** to help absorb any leaking from the wound.
-  **Waterproof covers** to protect your bed sheets from any leakage in the first few days.
-  **Comfortable clothes** for the few first days post-procedure
-  **Scar healing cream** (Arnica)