



Liposuction For Lymphoedema

Post-Operative Instructions

Sutures

The incisions are closed with dissolvable sutures, which do not require removal and will dissolve over a period of approximately 7 to 14 days.

Dressings

I use waterproof dressings to cover the stab incisions.

You can shower as soon as you like after surgery and do not require any dressing changes until we see you in clinic. However, you will be given some spare dressings in case they fall off.

It is common to leak a significant amount of blood-stained fluid from the incisions over the first 24 hours. This is to be expected and nothing to worry about. To perform liposuction, I inject several litres of fluid with adrenaline and tranexamic acid to stop bleeding, as well as local anaesthetic into the areas. Most of this is removed by the liposuction but there will be some excess fluid, which leaks out from the incisions. It can look like a lot of blood but in fact it is mainly fluid with a small amount of blood in it.

Support garments

You will need to wear compression garments to help shape the area and reduce the swelling. The garments will be measured for you before surgery, based on the size of your normal contra-lateral limb. I will apply the compression garments on you in theatre to reduce post-operative swelling.

Medication

During your surgery, I will use a long-acting local anaesthetic block in the infiltration fluid. This reduces any pain that you have for 72 hours after surgery, but you may need additional analgesia in the form of Tylenol and Ibuprofen. I will also prescribe Tramadol if you are in significant pain, but I only recommend taking it if you need to as it is very strong medication.

You will be given antibiotics to take for 14 days after your surgery to reduce any risk of infection whilst the incision heals.



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The medications should be given to you before you go home, so please check with the nurse if you do not receive anything.

Scar advice

Once the dressings are removed, I recommend that you massage the incisions using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.

Any scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock (SPF100) for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

I also recommend that you have manual lymphatic drainage (MLD) after surgery with a qualified practitioner. This is a specific massage technique used to encourage fluid to drain from the limb as quickly as possible and it speeds up recovery.

Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in the clinic 2 weeks after your procedure, depending on the type of surgery.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the Clinic/Hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



Anne Dancey
PLASTIC SURGERY

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I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

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