

BODY CONTOURING SURGERY:

Liposuction and/or Fat Grafting

What to Expect

OPERATION DURATION

This surgery is performed under General Anaesthetic and takes approximately 1.5 - 2.5 hours.

HOSPITAL STAY

An overnight stay is required, though, in some cases, you may be able to go home the same day. Everyone is different, and your recovery will be tailored to you.

Dr Taylor will not be in to visit you every day whilst you are in the hospital, he will phone your nurses for daily updates and provide over-the-phone instructions. He will come in to see you if you have any issues.

RECOVERY TIME

Driving 1 weeks,
Office work 1 weeks,
Strenuous work/exercise 4-6 weeks.
(Please note these are approximate times only.)

What Complications May Occur After This Procedure?

GENERAL POSSIBLE COMPLICATIONS OF ANY PROCEDURE

- Bleeding
- Infection at surgical site
- Allergic reaction to equipment, materials or medication
- Blood clot in your leg or lungs
- Chest infection
- Acute kidney injury

SPECIFIC POSSIBLE COMPLICATIONS OF THIS PROCEDURE

- Loose skin (donor site)
- Contour irregularity of subcutaneous fatty tissue
- Numbness or reduced sensation to skin
- Hard lumps under the skin (fat necrosis)
- Changes to skin colour
- Bleeding (haematoma), this may require further surgery to drain (rare)
- Pockets of fluid under skin (seroma), this may require further surgery to drain (rare)

CONSEQUENCES OF THIS PROCEDURE

- Scarring (where possible incisions are made along natural creases, skin lines and previous scars)
- Discomfort, swelling and bruising (temporary)

How to Prepare for Your Procedure

HOW LONG SHOULD YOU BOOK OFF WORK

This depends on your profession - If you work in an office/ non-strenuous job, for 3-5 days.

However, if you have a physically demanding job you could require 4-6 weeks, Dr Taylor or your nurse will discuss your requirements with you.

Please email admin@drduncantaylor.com.au if you require a medical certificate.

SUPPORT GARMENT

You will need to purchase surgical compression garments prior to your surgery. Please bring this with you on the day of surgery - bring it into the theatre.

Wear your garments 24/7 for 4 weeks (including in the hospital), you can remove the garment to shower. From 4-6 weeks continue to wear during the day only.

The garments you require will be dependent on your surgery. Please see below for a guide.

Fat grafting into the breasts: You will require a front zip-up soft bra (there must be no pressure on the injected fat)

Fat harvesting liposuction from the abdomen: You will require an abdominal binder or high-waisted compression shorts.

Fat harvesting liposuction from the thighs: You will require crotchless knee-length high-waisted compression shorts.

Fat harvesting liposuction from the thighs and abdomen: You will require high waisted knee length compression shorts.

FASTING

You are required be fast for a General Anaesthesia. You cannot have any food or fluids (including lollies, chewing gum) 6 hours prior to your surgery.

You can have some sips of water only up to 2 hours prior to your surgery and then nothing at all after this time.

If you take regular medication, please check with our nurse to see if you should be taking your medication in the lead up to/ on the day of your surgery. Some medications should be withheld.

PRE-OP WASH

Please purchase a pre-op chlorhexidine wash from the pharmacy. Use this whilst showering, the night before and the morning of your surgery.

MORNING OF SURGERY

You will be asked to arrive at the hospital approximately 2 hours prior to your surgery start time. Our Practice Manager will email you your admission information, such as time and where to go, 1-2 weeks prior to your surgery date.

Dr Taylor will see you in the pre operative area before you go into theatre. He will mark you for your surgery. This process needs to be completed whilst you are awake, as he requires you in a standing position.

DRAINS

You will not routinely have any drains.

Post-Operative Instructions

ACTIVITY

You can get up and move the same day after your surgery, once you have recovered from your general anaesthetic.

No rigorous activities including tennis, horse riding, golf, running or aerobics and no lying facedown (pressure on your breasts) for 4 weeks.

After this time, you can ease back into your usual activities.

You can drive after approximately 2 days or when you feel able.

PAIN RELIEF

You will be quite swollen and bruised post-surgery – this is normal for this procedure.

Please take pain relief as prescribed by your anaesthetist and regular paracetamol until no longer required. If your anaesthetist does not prescribe anti-inflammatories, you may take ibuprofen. The worst of your pain should subside by day 5.

If you have severe pain not responding to the pain relief or are concerned about your swelling, please phone our nurse during office hours.

Do not take aspirin.

BLEEDING

If the wound starts to bleed, please apply firm pressure for 15 minutes. If a dressing is in place, please do this over the top of the dressing (do not remove the dressing).

This should control the bleeding. However, if it is not easily controlled or does not subside, please phone our nurse specialist during working hours, go to an after-hours GP clinic or visit an emergency department.

INFECTION

If your wound becomes hot, swollen, oozes pus, or you are spiking temperatures, the wound may be infected. Please phone our nurse immediately within business hours or attend your GP, after-hours GP or an emergency department.

REMOVAL OF SUTURES

If sutures are used that require removal, this will be completed for you with the nurse at your 1 week post operative appointment.

WOUND & DRESSING CARE

Your wounds will be covered with steri-strips and simple dressings. Sponge bath to avoid getting these dressings wet. After 2 days, you can remove the simple outer dressing leaving the steri-strips intact. You can then shower, pat the steri-strips dry, and leave them to air dry completely before getting dressed.

Do not immerse the wound in water, i.e. swimming or bathing for 4-6 weeks or until the wound is completely healed.

Bruising takes around 2-3 weeks to resolve, and swelling can take up to 3 months to resolve completely.

SLEEP

If you have had fat injected into your breasts, do not sleep on your stomach for 6 weeks.

MASSAGING FOR SCAR REDUCTION

Commence massaging your scars once your dressings are removed and wounds have healed – approximately 3 weeks post-op.

It is recommended that you massage your scars with bio-oil or a moisturiser for 5 minutes, 2 times per day.

Wipe off excess massage product, then apply silicone gel (this dries, creating a film on the scar) or tape. Continue this for 3-6 months.

Purchase silicone products online or from Chemist Warehouse. Strataderm is a common brand.

LYMPHATIC MASSAGE

It is recommended that you have a lymphatic massage on the liposuction site. Please book this in for 2 weeks and 3 weeks post-surgery, and 4 weeks if you would like an extra session. This helps move swelling along. You can have this done at any clinic close to you, or ask our staff for recommendations.

Other Useful Tips

The power outlet in your hospital room is often quite far away from your bed. We suggest bringing a long charging cable for your phone, so you can keep it in reach.

Follow Up

Dr Taylor will be in contact with the nurses looking after you on the ward. If you are well post-op, he will discharge you after speaking with your nurse over the phone. He will only come in to see you on the ward if you are having any issues. Our nurse will phone you after your discharge to check in on you.

If you are concerned at all or have any questions, please phone or message our nurse between 9am - 5pm.

Follow up appointments:

- 5-10 days after your procedure post surgery wound check in our nurse clinic.
- 6 weeks post surgery review in Dr Duncan Taylor's day clinic.