

Lipedema Surgery Aftercare Instructions

LIPEDEMA SURGERY AFTERCARE INSTRUCTIONS

Thank you for choosing lipedema surgery to treat your condition. Lipedema is a chronic disorder that causes abnormal fat distribution, typically in the legs, hips, and sometimes arms, which can be painful and difficult to manage with diet and exercise alone. Lipedema surgery, often performed through liposuction, helps remove excess fat and reduce symptoms. Proper aftercare is crucial to ensure the best results, minimize complications, and support your body's healing process. Please follow these instructions carefully for optimal recovery.

IMMEDIATELY AFTER SURGERY

Mild Redness, Swelling, and Bruising: It is normal to experience redness, swelling, and bruising around the treated areas immediately after surgery. These effects should gradually subside within a few days to a week.

Mild Discomfort or Sensitivity: You may feel mild discomfort or tightness in the treated areas. This is temporary and should resolve within a few days to a week.

Cold Compress (if necessary): Apply a cold compress wrapped in a clean cloth to the treated areas for 10-15 minutes every few hours during the first 24-48 hours to reduce swelling and soothe discomfort.

Compression Garment: You will be required to wear a compression garment on the treated areas. This helps reduce swelling, supports the healing process, and ensures proper skin retraction. Wear the garment as instructed, typically for 4-6 weeks, to achieve the best results.

Avoid Touching or Massaging the Treated Areas: Do not touch, rub, or massage the treated areas for at least 24-48 hours to avoid irritation, infection, or disturbing the healing tissues.

FOR THE FIRST WEEK

Gentle Skin Care: Cleanse the treated areas gently with a mild, non-alcoholic cleanser. Avoid using harsh scrubs, exfoliants, or products with strong chemicals for at least 7 days to allow proper healing.

Continue Wearing Compression Garment: Wear the compression garment as instructed, typically 23 hours a day for the first 1-2 weeks. This helps prevent fluid buildup, control swelling, and support the treated areas.

Avoid Strenuous Physical Activity: Avoid vigorous physical activity, heavy lifting, or exercises that increase your heart rate for at least 1-2 weeks after surgery to allow the body to heal properly. Light walking can help promote circulation but should be done cautiously.

Elevate the Treated Areas (if necessary): If you notice increased swelling in the legs or other treated areas, elevate them when resting to help reduce swelling. Try to keep the treated areas raised above the level of your heart as much as possible.

Avoid Sun Exposure: Protect the treated areas from direct sun exposure for at least 1-2 weeks to prevent pigmentation changes and further irritation. Wear sun protection (SPF 30 or higher) when going outdoors.

FOR THE FIRST MONTH

Continue Compression Garment Use: Continue wearing the compression garment as prescribed to maintain optimal results. You may be instructed to reduce the duration of garment wear after the first few weeks, but follow your provider's advice.

Monitor for Skin Changes: Mild bruising, swelling, or numbness may still occur in the first few weeks as the body heals. These symptoms should gradually resolve. If you notice persistent or severe swelling, or other unusual symptoms, contact your provider.

Hydrate and Maintain Healthy Skin: Drink plenty of water to stay hydrated, as this helps promote healing and reduces swelling. Use a gentle moisturiser to keep your skin hydrated, especially around the treated areas.

Avoid High-Impact Exercises: Avoid high-impact or intense physical activities, such as running or jumping, for at least 4 weeks. Gradually return to more strenuous activities as instructed by your provider.

COMMON SIDE EFFECTS

Redness and Swelling: Mild redness and swelling around the treated areas are common after lipedema surgery and typically subside within a few days to a week. Cold compresses can help reduce these symptoms.

Bruising: Bruising is common and may last 1-2 weeks. It should gradually improve as your body heals.

Temporary Numbness or Sensitivity: Temporary numbness or tingling in the treated areas may occur. This is common and should resolve within a few weeks to months.

Fluid Drainage: Some fluid drainage from small incisions is normal in the first few days. If drainage becomes excessive, contact your provider.

WHEN TO CONTACT US

When to contact your provider

- Severe pain, redness, or warmth in the treated area (signs of infection).
- Excessive swelling, bruising, or discomfort that does not improve after the first few days.
- Unusual discharge, pus, or bleeding from the treated area.
- Shortness of breath, chest pain, or dizziness (possible signs of a blood clot or complication).
- Any signs of an allergic reaction, such as itching, hives, or difficulty breathing.
- Any other symptoms that seem out of the ordinary or concerning.

LONG-TERM CARE

Continue Healthy Lifestyle Habits: A balanced diet, regular exercise, and maintaining a healthy weight will support long-term results and prevent further lipedema development.

Monitor Results: Full results from lipedema surgery may take several months to fully appear, as the body heals and the treated areas settle into their new shape. Be patient, and follow up with your provider for any necessary touch-ups or follow-up care.

Maintain Compression Garment Use as Advised: Long-term use of compression garments may be recommended to maintain the results of the surgery and support your lymphatic system. Continue wearing compression garments as advised by your provider.

Follow Up Appointments: Attend all scheduled follow-up appointments to monitor your progress, ensure proper healing, and address any concerns you may have.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION

- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.