

SAFELipo Aftercare Instructions

SAFELIPO AFTERCARE INSTRUCTIONS

Thank you for choosing SAFELipo, a minimally invasive liposuction technique designed to remove unwanted fat and contour the body safely. Proper aftercare is essential to ensure optimal results, support healing, and minimise complications.

IMMEDIATELY AFTER SURGERY

Normal Reactions

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- ☐ Mild swelling, bruising, and soreness in the treated areas are normal.
- ☐ Temporary numbness or tingling may occur.
- ☐ Slight redness and tenderness are expected and should gradually improve.

Compression Garments

Compression Garments

- ☐ Wear your compression garment as instructed to help reduce swelling and support healing.
- ☐ Do not remove it unless instructed by your provider.

FIRST 24–48 HOURS

Activity

Activity

- ☐ Rest and avoid strenuous activity or heavy lifting.
- ☐ Short, gentle walks are encouraged to support circulation.

Pain Management

Pain Management

- ☐ Take prescribed pain medications as directed.
- ☐ Use cold compresses for 10–15 minutes at a time to relieve discomfort.

Hydration

Hydration

- ☐ Drink plenty of water to support healing and reduce swelling.

FIRST WEEK

Observation

Observation

- ☐ Swelling, bruising, and tenderness may persist for several days.
- ☐ Mild numbness or firmness may occur and usually resolves gradually.

Lifestyle & Care

Lifestyle & Care

- ☐ Avoid alcohol and smoking to support healing.
- ☐ Maintain a balanced diet to optimise recovery and results.

Garment Use

Garment Use

- ☐ Continue wearing compression garments as advised, typically 4–6 weeks.

FIRST MONTH

Results

Results

- ☐ Swelling should gradually decrease, revealing improved body contours.
- ☐ Full results may take several weeks to months to become visible.

Continued Care

Continued Care

- ☐ Avoid strenuous exercise until cleared by your provider.
- ☐ Maintain a healthy lifestyle including diet and regular activity.
- ☐ Attend follow-up appointments to monitor progress and address concerns.

WHEN TO CONTACT US

Contact your provider immediately if you experience:

- ☐ Severe or increasing pain, swelling, or redness.
- ☐ Signs of infection such as pus, warmth, or fever.
- ☐ Excessive bruising or unusual discharge.
- ☐ Any other unusual or concerning symptoms.

LONG-TERM CARE

Long-Term Care

- ☐ Maintain a healthy lifestyle to preserve your results.
- ☐ Follow your provider's guidance regarding exercise, diet, and garment use.
- ☐ Attend all recommended follow-up appointments for assessment and ongoing care.

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 ACKNOWLEDGEMENT

- ☐ 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.