

Dr. Maciek Sznurkowski  
Medical Aesthetic Expert  
ms@drsznurkowski.com  
mobile: +48 733 386 649



- \* Aesthetic medicine
- \* Cosmetic surgery
- \* Aesthetic laser therapy
- \* Regenerative medicine

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## Recommendations after TUMESCENT liposuction.

**1. Transport.** After surgery, you should be transported home by a family member or a friend. It is recommended that they stay with you for the following 24-48 hours. After surgery, you must not drive motor vehicles.

**2. Compression clothing after surgery.** After surgery, the patient wears special compression clothing to ensure comfort and support the skin in adapting to the new body contour.

**3. Washing and bathing.** After surgery until the wounds heal, avoid bath, in particular in Jacuzzi.

**4. Treated areas.** Try to maintain the dressing clean and dry as far as possible. Change it every day and if they soak through to prevent infection. Avoid overheating the treated places. Expect quite an intensive drainage, i.e. the outflow of a bloody liquid from the cuts. Although the liquid can be red, it usually contains around 1% of blood. The more intensive outflow, the less bruises and swelling. We recommend you should put an impermeable material on your bed and in other places (e.g. in the car) to avoid dirtying. When the liquid stops leaking out, clean the place with water with an antibacterial agent and put a clean dressing. When the wounds heal completely, we recommend that you should grease them (e.g. with vaseline). Stinging, itching, pain, going numb or hardness are normal symptoms and should subside within a month, although they can last much longer.

**5. Manual lymphatic massage.** Manual lymphatic massage (MLM), known as lymphatic drainage, is a special type of massage made by a qualified masseur or physiotherapist to support the natural flow of lymph in the body. We recommend that the MLM should be started around 21 days after surgery. The MLM will reduce swelling and hardness, as well as accelerate healing. In addition, we recommend that you should massage, press and move the treated area on your own even a few days after surgery. Forcing the outflow of liquid through the cuts and drains will help reducing the swelling, bruises and the risk of hematomas.

**6. COMPLEX electrostimulation.** We recommend that COMPLEX should be started around 21 days after surgery.

**7. Physical activity.** Do not overexert yourself, but try to get back to normal activity during the first week after surgery. Excessive swelling and discomfort may indicate that you overexerted yourself. It is normal to feel vertigo, in particular while standing up and changing the dressing. Ask someone for help during those activities on the first few days after surgery. Protect the treated areas against sunlight, use SPV 30 or higher filter for around 3 weeks after surgery and if there are bruises in order to avoid discolouration. Apply the filter on the cuts until they heal completely, as well.

**8. Diet.** If you feel nauseous, eat small quantities of light food. To reduce stomach irritation, take medicines with food. Drink around 3 litres of liquids per day.



**9. Alcohol.** Try to refrain from alcohol for at least 5 days before surgery. After surgery, try not to consume alcohol to shorten the healing of bruises and swellings.

**10. Smoking.** Try not to smoke or reduce smoking significantly. Smoking worsens blood circulation and slows down the healing process.

**11. Expectations.** Remember that the purpose of the surgery is not to lose weight, but to model and improve the contour of your body. After surgery, the body tends to hold liquids, that is why you can observe a temporary growth of weight (for around 3 weeks). The purpose of the surgery is not to achieve perfection, but to improve your look. If you had the surgery around your bottom belly, you can feel an intensive swelling near the pubic area, including greater labia or a penis and scrotum. The post-surgery discomfort usually includes a pain in deep muscles and lasts around 3-4 weeks, but starts subsiding after around 7 days.

A small growth of body temperature, a flush on the face, neck and top part of your chest can last for around 48 hours. You will have symptoms of dejection, which should subside together with a reduction in swelling and bruises, i.e. within a week. Menstrual disorders are other side effects. As the surgery is made near tights, the swelling in your ankles and calves can last for even several months.

**12. Medicines to be taken after surgery.** Take antibiotics and pain killers as recommended by your doctor. Always take a full dose of antibiotics, if any.

