

# Available Procedures At Manchester Private Hospital

## BREAST SURGERY

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

## BODY SURGERY

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

## FACE SURGERY


- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery

Excellent  ★ Trustpilot

## CONTACT US

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MANCHESTER  
PRIVATE HOSPITAL

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# Post-Operative Advice Vaser Liposuction

## WHEN IS MY MEDICATION NEXT DUE?

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

FOR MEDICAL EMERGENCIES

**0787 439 7261**

FOR ANY GENERAL ENQUIRIES

**0161 507 8822**

manchesterprivatehospital.uk

# THE MANCHESTER PRIVATE HOSPITAL

## VASER POST OPERATIVE CARE PROGRAMME

### PAIN

It is normal to experience pain, discomfort, and skin sensitivity once the local anaesthetic has worn off the following day after surgery. We will provide pain relief such as Paracetamol and Codeine which can be taken as prescribed by your surgeon. Take this as advised to help ease discomfort. Remember medication that contains codeine can lead to constipation, dizziness and nausea so please stop when they are no longer required. Drink plenty of fluids and eat a varied diet including fruits and vegetables this will help avoid constipation caused by codeine and anaesthetic medication. Please avoid Ibuprofen for the first week following surgery as it can cause bruising and increase risk of bleeding.

### ANTIBIOTICS

You will be given antibiotics for between 5-7 days after surgery please complete the course. If you experience any allergic reaction to the medication, please stop the medication immediately and seek medical attention. The antibiotics help reduce risk of infection. If you do experience symptoms of infection such as high temperature, or wounds that do not heal properly please call us for advice.

### SMOKING/ALCOHOL

Smoking (nicotine) needs to be avoided for 3 months post op as can reduce the blood supply to the skin causing infections and poor healing. Avoid alcohol also for 7 days post operatively as this can also cause the blood to become thinner.

### AFTER YOUR SURGERY

You will leak fluid from your incisions for at least 24 hours following surgery. This is normal. This will be blood-stained fluid which can potentially leak through the garment and stain your furniture and clothing. Please cover anywhere where you sit or lie down with the plastic backed sheets provided. It is advisable to sleep on towels covered with plastic backed sheets until the leakage has stopped. You can move around freely in bed at night. It is not advisable to lie still in one position as fluid will pool and swell. Try to keep mobilising as much as pain allows. You will begin to see the results after 6-8 weeks and continue until around 6 months. You begin to swell immediately after surgery and this will peak at around 7 days.

Vaser liposuction to abdomen often causes swelling and bruising to lower groin and pubic area due to gravity. You may need to adjust the garment slightly as you swell the following day after surgery, it should not be too tight only firm. It is important that the garment does not dig in and wrinkle up causing indentions. Keep the garment smooth and wrinkle free. Do not drive after the procedure and whilst taking prescription medication such as codeine as it can slow down your reactions. Please do not drive until 7 days after surgery.

Day 1 is the day of surgery, day 2 is the day after surgery. You can have a quick shower on day 3 however dizziness may be experienced so it is recommended that you have someone with you the first time you shower and remove your garment. Take your garment off whilst laying on the bed as you may faint due to the change in pressure.

### GARMENTS

Wear the compression garment for 6 weeks after surgery.

Depending on your skin laxity you will be advised by your surgeon on the duration that the garment should be worn for. Post operatively you will develop diffuse swelling, lumps/ bumps/ firmness/ numbness, and skin puckering. Do not worry follow the instructions below, this will settle down by 4/6 months.

Start the manual lymphatic drainage massage the day after the procedure. This is essential. Massage firmly and press to disperse lumps these will smooth out if enough pressure is applied. Do not be put off by the pain, this needs to be done to avoid complications and to achieve smooth results. No Pain no gain! Please find a registered Manual Lymphatic Massage therapist near you at [mlduk.org.uk](http://mlduk.org.uk) 2-3 massages per week for 3 weeks is the gold standard. Take pain relief prior to you MLD massages.

**Wear your anti thrombosis stockings for 2 weeks to reduce risk of DVT following a general anaesthetic. If you have had a local anaesthetic, you may remove them after 1 week or once you are back to normal daily activities and mobilisation.**

### WOUND CARE

Your incisions are purposefully left open to allow free drainage of fluid. You will find the incisions heal quickly. Your nurse will check them at your first post operative appointment, she will take photos for the surgeon at this appointment.

Do not slouch! for 4 weeks after abdominal Vaser, sit and stand erect, slouching will cause creases, which can be difficult to erase, always wear your Velcro binder 24 hours a day as this will stop you slouching along with giving you smooth results!

Take notice of this if you have a desk job or when driving.

No exercise at all for 4 weeks, except walking. Avoid heavy lifting for at least 2 weeks.

Go on a low fat, low carb diet as this will burn up the internal fat around your body organs and this will enhance your results.

Do not wear tight clothes or belts for 4 weeks because this will cause indentations on the operated area.

### EXPECTATION

Remember the goal of fat removal is body contouring and not weight loss. The body retains fluids in response to weight loss you may notice weight gain for the first week or so following surgery. You will feel tight and bloated for several weeks.

### EMERGENCY

Please remember the hospital is a day hospital and is not open 24 hours per day. We try our best to answer your calls but in an emergency such as sudden chest pain, breathlessness, spike in body temperature, sudden bleeding that won't stop or sign of deep vein thrombosis such as calf pain and swelling you must attend A&E.

### EMERGENCY

**IN CASE OF AN EMERGENCY AND YOU NOT ABLE TO CONTACT OUR NURSING TEAM, PLEASE CALL 999 AND ATTEND ACCIDENT AND EMERGENCY**