



Checklist

Liposuction

Dear Patient,

You have decided to have liposuction (fat removal). The aim of liposuction is to permanently reduce excess fat from certain regions of the body and to improve the silhouette. Liposuction can in most cases be easily performed under local anaesthesia (tumescent anaesthesia).

The total costs as an outpatient procedure under local anaesthesia will be EUR 2.500 – EUR 4.500,- according to expenditure.

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doz.Dr. Greta Nehrer

BEFORE THE PROCEDURE

- A compression garment must be worn following liposuction (depending on the treated area). Please contact us no later than 1 week before your surgery so that we can order the garment for you in time.
- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be marked and photographed for documentation.
- If you are nervous about the procedure, you may be given an oral sedative to reduce your anxiety.

DURING THE PROCEDURE

- Depending on the region to be treated, the operation takes about 1-2 hours to perform.
- You will experience only a mild burning sensation associated with infiltration of the local anaesthetic. The actual liposuction is completely painless, but you may feel a pulling and pushing sensation similar to a firm massage.
- The small incision is covered with an adhesive skin closure (Steri-Strip) and waterproof adhesive dressing.
- The compression garment is applied after the operation. The garment must be worn day and night.

AFTER THE PROCEDURE

- An antibiotic (infection prophylaxis) must be taken for 3 days after liposuction. Please inform us in advance of any known allergies.
- In some cases, we recommend taking a thrombosis prophylaxis (Lovenox) for 7 days.
- A mild pressure pain is normal as the anaesthetic wears off. You will not feel any significant pain.
- A fluid discharge from the incision sites is completely normal during the first 24 hours after the operation. We recommend the application of swabs and carrying a change of clothes with you if away from home.
- You may shower on the 1st day after the operation.
- You can return to your work and social activities the following day. You should avoid any exertions, however.
- A check-up is scheduled after 3-5 days. The skin closure strip is changed.
- The compression garment must be worn day and night for 3-5 weeks (depending on the treated area).
- Avoid heat (sauna) and physical activity for a period of 3 weeks.
- The results of the operation can be properly assessed after 2-3 months, after the swelling and irregularities have disappeared.