

## Recovering after liposuction and / or scar correction

This factsheet explains what you should be aware of following your liposuction / scar correction procedure and who you should contact should you have any concerns.

### Looking after your wound

- You may shower briefly and pat the dressings dry. The dressings may then be fully dried with a hair dryer on a cool setting.
- Your stitches are normally absorbable and will be trimmed or removed at your outpatient appointment. You may have bruising and / or swelling following this type of surgery - this is usually mild and settles after a few weeks.
- You may find it useful to wear supportive garments for four weeks following surgery as this may help to reduce swelling.
- Avoid twisting or strenuous exercise for four weeks after the procedure, to allow the wounds to heal completely.
- Ensure a varied diet full of vitamins and protein needed for wound healing. Please refer to The Royal Marsden *booklet Eating well when you have cancer* for further information.
- When the wounds have fully healed you may start to lightly massage the area using a moisturising cream, such as E45. Your outpatient nurse can advise you further.
- You may be swollen and the area may feel lumpy for a few weeks following the procedure - this should reduce over time with massage. If you are concerned, please speak to your outpatient nurse or contact your nurse specialist.

### Things to look out for

- Feeling generally unwell
- Fever
- Burning sensation around your wounds
- Signs of swelling, bleeding, increased pain or increased fluid leakage.

You are advised not to smoke after your operation as smoking will increase the risk of complications occurring.

## Contact details

Please contact your Specialist Nurse if any problems occur.

### Chelsea:

Clinical Nurse Specialist, Plastic Surgery	020 7811 8318 (NHS)
	020 7352 8171 Ext 1573 (Private Care)

### Sutton:

Clinical Nurse Specialist, Plastic Surgery	020 8642 6011 Ext 4345 (NHS and Private Care)
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Alternatively, please call:

<b>The Royal Marsden Macmillan Hotline:</b>	020 8915 6899
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(Available 24 hours a day, seven days a week)

