

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 pants 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 Ex. 1573 (Private Care)

Sutton:

Clinical Nurse Specialist, Plastic Surgery	0208 642 6011 Ex. 4345
	(NHS and Private Care)

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899

(Available 24 hours a day, seven days a week)

