



# Dr. Avi Islur Surgery

## Liposuction Post Operative Care Instructions

### Rest + Relaxation

- Sleep in whatever position is comfortable for you
- You may wish to cover your mattress with a plastic sheet/garbage bags as you may have fluid that leaks out of the surgical puncture sites for a few days.
- The fluid is often blood tinged and the amount will decrease over a few days
- Wait 1 week before participating in physical activities that will increase your heart rate and blood pressure

### Washing

- Remove larger dressings 24 hours after surgery.
- You will notice bruising and swelling to the areas which have been operated on.
- Leave your steri-strips (white tape) in place for 5 to 7 days or until they fall off.
- You can shower 24 hours after surgery.
- Do not soak your surgical sites - no pools, hot tubs, or lake water for 3 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.

### Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin (original ointment) to your incision lines 1 x a day once steri-strips are removed.

### Garment Wear

- Wear your compression garments 20/24 hrs for 4 -6 weeks.
- When removing your compression garments for the first few times, do so while lying down to avoid feeling faint
- Swelling will subside naturally over weeks to months and your garments will help minimize this time.

### Two Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil, or equivalent scar cream. Do not use 100% vitamin E (capsule or oil).
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

### Massage

- Start to massage any areas where liposuction was performed as soon as possible to soften the tissue
- You may wish to seek out a massage therapist or one who specializes in lymphatic drainage techniques

### Follow Up Care

A post-operative appointment will be made for you on your surgical date.

### The First Glance Aesthetic Clinic

1851 Grant Avenue, Winnipeg, MB, R3N 1Z2  
tel: 204-885-1569

### After Surgery Care

For general inquiries/questions email [info@drislur.ca](mailto:info@drislur.ca) or speak to one of the clinic staff members.

### Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

### Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak with Dr. Islur or the plastic surgery resident on call.

### Important Note:

***If you experience shortness of breath, difficulty breathing, chest pain, or red spots all over your body please go your nearest hospital emergency or call 911.***