



PLASTIC &  
RECONSTRUCTIVE  
SURGEON

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## INFORMATION LEAFLET LIPOSUCTION

### ADVANTAGES:

- Removal of excess fat in the deeper layers of the fat tissue.
- Improvement in body contour.

### DISADVANTAGES:

- It is not a weight reduction procedure.
- Small scars of about 1cm long.
- Pain and discomfort.
- Bruising that may last for 6 weeks.

### RISKS AND POSSIBLE COMPLICATIONS:

- Medical
  - Seromas (fluid collections).
  - Hematoma (blood collections).
  - Infection (rare).
  - Sensation loss of the skin.
  - Skin necrosis.
  - Fluid imbalance → kidney failure.
  - Local anesthetic toxicity → heart rhythm problems.
  - Blood clots in the legs → lung problems.
  - Fat particles in bloodstream → lung and brain problems.
  - Remote risk of death.
- Cosmetic
  - Contour irregularities.
  - Failure of or abnormal skin retraction.
  - Hyperpigmentation & skin irritation.

### ADDITIONAL INFORMATION:

- You have to be fasting for 8 hours before the procedure.
- You should not be smoking cigarettes for 4 weeks before and for 4 weeks after the operation.
- You should stop taking vitamins pills, herbs and any non-prescribed drugs 2 weeks before and 2 weeks after the procedure.
- You have to arrive 2 hours before the procedure at the admission desk of the hospital.
- A special garment will be provided to wear for 6 weeks post-operatively.

### POST-OPERATIVE CARE:

- Do not remove the dressings.
- You may wash around the dressings, please do not let the dressings get wet.
- Do not wear tight clothing. Wear the prescribed pressure garment.



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- Normal daily activities may be resumed after 2 weeks.
- Exercises "Gym" may be resumed after 6 weeks.
- Do not apply "tissue oil" or Bio-oil on the scars, until the wounds have healed completely.
- Wound healing and the final result is a continuous process and will only be completed after 12 – 18 months.