



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

VASER® High Definition Liposculpture Post-Operative Instructions

Pain Management

The long-acting effects of the anesthetic solution help to provide pain relief after the procedure and decrease the need for initial pain medication. The pain as a result of having VASER Liposculpture (Liposuction) varies from person to person and might be described as generalized soreness. We will ensure that you have adequate pain medication, but we find overall that our patients cope very well and the procedure is well tolerated.

Compression Garment

After having Liposculpture (Liposuction), you will be required to wear a compression garment for a period of 6 weeks following your procedure. This garment will be customized to fit you. It is very important that this garment be worn for the first 48 hours, after which time it may be removed for showering. After this initial 48 hour period, the garment needs to be worn day and night, but may be removed for one hour each morning and night. The garment is required to be worn day and night for 6 weeks.

Activity

For the first day or two after surgery, most patients experience some swelling and bruising in the treated areas, as well as blood stained fluid drainage from the incision sites. You will be advised to start walking around as soon as possible to reduce swelling and prevent blood clots from forming in your legs. Light activity is usually resumed within the first few days after VASER Liposculpture (Liposuction). It is generally possible to be back at work within a few days following your surgery, depending upon the extent of your surgery. Normal activity can be resumed at approximately the 2 week stage.

Massage Therapy

Dr. Tran recommends exercise commences 2 weeks after your surgery unless otherwise specified. Although most of the bruising and swelling usually disappears within three weeks, some swelling may remain for six months or longer. It is highly recommended that you have regular lymphatic drainage massage from week two after your procedure to promote healing and accelerate recovery. Lymphatic drainage massage aids in the elimination of excess fluids by stimulating lymph movement, resulting in improved recovery. You will need to locate a suitably qualified massage therapist. After the initial lymphatic drainage massage, the therapist will need to progress to standard Deep Tissue or Remedial massage therapy.

Follow-ups

Marks from the puncture sites will gradually heal and fade, in most cases so that they are barely noticeable. A post-operative consultation will be scheduled for you to see Dr. Tran, 14 days after your surgery. Further appointments will be set up for you to see Dr. Tran both 6 weeks and 3 months from the date of procedure.



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Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

Robert Goldman, M.D. (2019). *Vaser liposuction aftercare: The first thing to mention here is that the vaser liposculpture system is gentler and more selective than standard liposuction, resulting in faster healing time.* Retrieved from <https://www.robertgoldman.com.au/vaser-liposuction/aftercare/>