

LIPOSCULPTURE

Instructions for Patients

Before the intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke after midnight
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is forbidden for ten days before the intervention;
- You are advised to take “Nutrimonium” food supplements during the month before the intervention.
- On the day of the operation, you are advised not to wear any make-up, contact lenses, jewels/piercings, nail varnish/false nails.
- On the day of the operation, you are advised to wear loose-fitting and comfortable clothes.
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).
- It is obligatory to wear anti-embolic stockings (up to above the knee) on the day of the surgery. You can buy them at the pharmacy or at Beclinic (€ 30)
- A preoperative blood test is required for this surgery. Please, send us the results at least 10 days before the surgery date.

NEW: pre- and post-operative hyperbaric oxygen therapy. HBOT helps wound healing by bringing oxygen-rich plasma to tissue starved for oxygen. This therapy helps to improve/accelerate the healing process. Cost: € 180 for 2 sessions.

After the intervention:

- Driving is forbidden for 24 hours after the operation.
- After the surgery it is possible that some fluid will leak from the incisions made during surgery. This is normal and will stop 24hours after surgery. Put some extra protection (towels) in your bed.
- After the intervention, a compression garment must be worn for 8 weeks, day and night. This garment should be changed to a size smaller every 14 days depending on the reduction of swelling. The schedule and the list of suppliers can be found on the bottom of this document.
- Showering on the day of the intervention is forbidden; the compression garment can be taken off as from the following day, for a quick shower. Baths are prohibited for a month.
- The stitches will be removed after 8-10 days at Beclinic or by your doctor. Sometimes no stitches have to be removed as the scar will be glued. This will be mentioned in your personal letter given after your surgery.
- You are strongly advised to go on a strict diet for at least four weeks after the operation in order to make it as successful as possible.
- You are advised to take “Nutrimonium” food supplements for a month after the intervention, in order to accelerate the healing process.
- A significant oedema will appear after the operation, but it will disappear of its own accord. You are advised to take “Lymphomyosot” for a month, at a rate of 3 tablets 3 times a day for a week, then 3 tablets twice a day for 2 weeks and after that 3 tablets once a day for a week. This will increase the drainage and will accelerate the reduction of the oedema.
- Depending on the procedure you will be given an adjusted pain and antibiotics schedule after the surgery !

- From the 7th day after the intervention, you are advised to undergo lymphatic drainage (or endermology) treatment at a rate of two or three times a week. This to reduce the swelling and to tighten the skin.
- You are advised to take a week's rest after the intervention.
- It is recommended that you do not take a bath nor carry heavy objects or practise any sport for 4 weeks after the intervention, except for walking or cycling, which you can do as from the day after the intervention.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email webinfo@beclinic.com or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.

You can buy an extra postoperative garment at Beclinic.

Post-operative garment : info and sales addresses.

After surgery, compression tights should be worn day and night for 8 weeks.
These tights should be changed to a size smaller every 14 days depending on the decrease in swelling.

We like to keep this schedule:

DAY 1-10: Tights put on after surgery
DAY 11-21: Tights 1 size smaller or according to size chart
DAY 21-week 6/8: new tights according to size chart

You can either buy these tights through Beclinic or online.

We do not send postoperative garments to home addresses due to too high shipping costs.

<p>Lipoelastic:</p> <p>www.lipoelastic.com www.lipoelastic.co.uk</p> <p>Recommended models after liposculpture 360°: MGD MGF VF body variant VD body variant if the thighs are also treated.</p> <p>We have created a code giving you a 10% discount on an order excluding additional shipping costs. The code is: beclinic</p>	<p>Queenydolls empire:</p> <p>info@queenydollsempire.nl www.queenydollsempire.nl</p> <p>At QueenyDollsEmpire, they sell well-known Colombian brands of post-operative stage 1, stage 2 and stage 3 Fajas, which one can wear after an aesthetic procedure such as Liposuction, BBL, Abdominoplasty or Breast Surgery and an extensive collection of post-operative products.</p> <p>Recommended models after liposculpture with BBL: Melibelt 2019 Melibelt 3026 MariaE RA001: these tights have incorporated boning for extra hourglass effect. Maria FQ111: (short legs, high back) for extra compression at the level of the abdomen/flanks/back Maria OLFA 101: (legs above knee) for extra compression at the stomach/flanks/back area</p> <p>We have created a code giving you a 10% discount on an order excluding additional shipping costs. The code is: beclinic22</p>
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