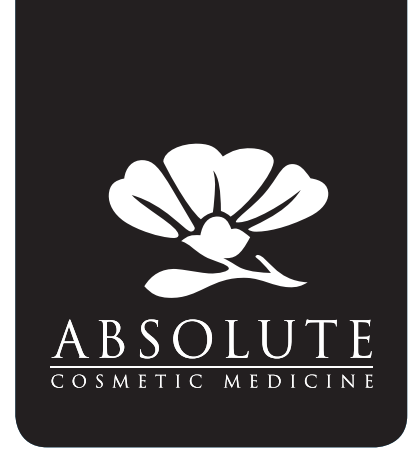


LIPOSCULPTURE TAKE-HOME CARE SHEET



- Please call our clinic during office hours for any concerns and the after-hours mobile for urgent concerns.
- Ice is good for swelling and discomfort. Please avoid Nurofen and other anti-inflammatories, as these can cause bleeding in the first six (6) weeks.
- Some unevenness and swelling can last for six (6) months.
- HARD LUMPS ARE NORMAL FOR 1-6 MONTHS AND CONTRACT BACK, TIGHTENING THE SKIN.
- Remember, results are between 50-99% improvement (smaller patients have less to lose), AND YOU MUST BE REALISTIC, IT IS NORMAL FOR THE LEFT AND RIGHT SIDES TO HAVE SOME DIFFERENCE.
- IT CAN TAKE TWELVE (12) MONTHS FOR THE FULL RESULT AND TUNE UP PROCEDURES ARE NOT DONE BEFORE THIS (USUALLY INCURRING A FEE).
- Tingling can occur for six (6) months and stretching is an effective treatment for this. Exercise should be done as follows – light in week 1, moderate in week 2, full in week 3 and extreme from week 6 onwards.
- Ensure your garment is worn 3 weeks full-time and a further 3 weeks whilst sleeping.
- Quality surgery and aftercare reduces the risk of problems greatly, but does not eliminate these. Read the consent form on our website to remind you of the possible risks that can occur due to no fault of you or our staff. Vaser has better results than average liposculpture in most cases.
- Mottling and pigmentation can last for 2 winters.
- Do not fly for two (2) weeks.
- Activities that stress the tissues are best avoided. How the body reacts is at times unpredictable.
- Our photos are for our records only and it is advisable to take your own for personal use.
- **Remember, we are always here to help and support you.**