

Recommendations to follow at home after tumescent liposuction treatment of the lower legs.

Bey By Bergman Clinics – July 2022

Pressure (compression) is essential to ensure a good recovery after liposuction of the lower legs. The lower legs have a tendency to accumulate fluid. Initially this fluid will mainly consist of the infiltration liquid used during the procedure, at a later stage this will consist mainly of exudate (wound discharge). By applying pressure the fluid can drain away.

Your legs will be bandaged to just above the knee after the procedure. These bandages are very firm and are the most effective way of preventing oedema in the legs. It is therefore very important to leave these bandages on for as long as possible, **but at least 24 hours.**

After this period, there are 2 options:

Option 1. Bandages (day and night for 14 days), followed by compression stockings.

You can ask someone with the required skills to bandage your legs for the first 2 weeks. We can give you instructions, but the bandaging should preferably be done by a professional oedema therapist (physiotherapist or skin therapist) whom you have contacted prior to the procedure. This is referred to as Ambulant Compression Therapy (ACT) bandaging.

After 14 days, you can switch to wearing fitted therapeutic elasticated stockings (TES) Class 2. You should wear these stockings only during the day, until a minimum of 6 weeks after the treatment. We will give you these stockings to take home.

Option 2. Compression leggings (day and night for 14 days), followed by compression stockings.

Once you have worn the bandages that we have applied for 24-48 hours (or longer if the pressure is still good), you can switch to wearing the black compression leggings that we will give you to take home. You will wear these leggings day and night for 14 days. If you can manage, please wear the compression stockings that you were given over these leggings during the day.

After 14 days, you can switch to wearing only the stockings. You should wear these stockings during the day until a minimum of 6 weeks after the treatment.

Other recommendations:

- Take paracetamol 500 mg, 2 tablets half an hour before you get out of bed in the morning. We recommend that you repeat this dose a maximum of 4x per day at fixed intervals during the first few days after the treatment. This will dull the worst of the pain during the first phase of the recovery. If this does not provide adequate pain relief, you can also take Ibuprofen;
- Keep moving after the procedure. Taking 10-20 minute walks 3x per day is important to stimulate fluid drainage from the legs;
- It is important to keep the legs elevated when sitting down.