

Mr Vasu Karri BSc(Hons), MBBS, MSc, FRCS(Plast)  
Consultant Plastic Surgeon

***Lymph-Sparing Lipoedema Liposuction  
Pre and Post-operative Instructions***

**Before your surgery**

One month before

Stop smoking. Nicotine reduces blood flow to the skin and can cause significant complications during healing such as delayed wound healing and skin necrosis.

Refrain from smoking for another 4 weeks after surgery. You are strongly advised to stop permanently at this point, because smoking can decrease the lifetime of your plastic surgery results.

Two weeks before

Do not take Aspirin, Ibuprofen, Naproxen, Non-Steroidal Anti-Inflammatory (NSAID) or Vitamin E. They interfere with normal blood clotting. For pain relief you can take Paracetamol and Codeine.

Stop all herbal medications and diet pills.

It is safe to continue taking multivitamins.

Take 1000mg Bromelain twice a day two weeks before and after surgery. (This is an enzyme found naturally in pineapple). It helps relieve swelling associated with surgery and can be purchased from any pharmacy/health food store.

Take Arnica, which can be purchased, from any pharmacy/health food store.

The day of plastic surgery

Take a shower the night before and/or the morning of your surgery but do not shave your legs.

Take all your normal prescription medications in the morning.

Do not use makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant on your skin, hair, or face.

If possible tie your hair back.

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Do not wear contact lenses. Wear your glasses instead and bring your glasses case.

Do not bring any valuables or wear any jewelry. Do not worry if you cannot remove your wedding ring or do not want to; we will tape them over.

Wear comfortable shoes and loose-fitting clothes. Do not wear a top or other clothing that has to be pulled over your head. Please bring flip-flops and dark clothes to the clinic to change into.

### **Warning about Blood Thinning Medications**

Blood thinning medications can cause excessive bleeding during and after surgery. Both prescription and over-the-counter medications can have blood-thinning properties. If you currently take any of the medications or herbal preparations listed below stop taking them 2 weeks before your surgery. This is only a partial list and if you have any questions, please contact your local pharmacy or Mr Karri.

If you were told by a doctor to take a blood thinning medicine on a regular basis for stroke or heart attack prevention, atrial fibrillation or a prosthetic heart valve, please ask Mr Karri when this medicine should be stopped.

Read the labels on all the medications that you take on a regular basis or plan to take e.g. headache, cough or cold remedy. Many products contain Aspirin (also known as acetylsalicylic acid) and must be stopped 2 weeks before surgery.

Below is a list of medications that must be stopped 2 weeks before surgery:

Aspirin  
Warfarin (can be stopped 3 days before surgery)  
Clopidogrel  
Garlic  
Gingko      Ginseng  
Ibuprofen  
Naproxen  
St John's Wort  
Vitamin E

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## After surgery

The compression garment(s) must be worn 24 hours a day for 6 weeks but can be taken off for showering. This helps reduce swelling and promotes shrinkage of skin. You will be provided with 2, thereby ensuring you always have a clean garment available.

After your shower, dry yourself as per normal and put on your compression garment. The stab incisions can be left uncovered. Fluid will continue to ooze from the stab incisions for at least a week. Do not worry; it is entirely expected.

Relax and keep your legs elevated for 1 week to reduce swelling and bruising. When sitting place your legs on a stool, and when sleeping place your legs on a pillow. If your ankles swell, do not worry. This is expected and will resolve over the next few weeks. Elevating your legs helps.

If needed, take painkillers every 6 hours with food. There is no need to take them if you have no pain. DO NOT take any aspirin or aspirin-like products such as Ibuprofen.

Numbness, tingling, swelling, itching, discoloration, bumpiness, hardness, crusting, and redness around the stab incisions are normal observations. Remember, scars take a year to fully mature and fade.

Do not smoke.

Avoid alcohol, salty and spicy foods for 2 weeks as they can raise your heart rate and blood pressure.

Please do not hesitate to contact us if you have any questions or concerns.

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