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- * Aesthetic medicine
- * Cosmetic surgery
- * Aesthetic laser therapy
- * Regenerative medicine

Recommendations – Liposuction of Body Areas - Tumescant

1. Transportation

A family member or friend should take you home after the procedure. Ideally, they should stay with you for the next 24-48 hours. After the procedure, you are not allowed to drive.

2. Medications after the procedure

After the procedure, you will receive the following medications:

- Antibiotic (Cipronex / Duracef / Augmentin), dosage: 2 tablets immediately after the procedure, then 1 tablet in the morning and 1 in the evening for the following days.
- Neoparin (Klexan), dosage: subcutaneously 1 prefilled syringe once a day.
- Ketonal Duo / Helicid Forte, dosage: 2 capsules 2 times a day.

Immediately upon returning home, take the antibiotic provided as antibacterial prevention and make the first of five subcutaneous anti-thrombosis injections (Neoparin).

It is also recommended to take a non-steroidal anti-inflammatory and pain-relieving medication (Ketonal Duo) with a protective medication (Helicid Forte), 2 capsules twice a day for 4 days.

Take antibiotics and painkillers as directed by your doctor.

If you are prescribed antibiotics, always take the full course.

3. Areas treated during the procedure

Drains are inserted after the procedure, which are usually removed after 24 hours.

Expect significant drainage, i.e., the discharge of bloody fluid from the incision sites. Although the fluid may be red, it generally contains about 1% blood.

The more fluid discharge, the less bruising and swelling you will have.

We recommend placing waterproof material on the bed and other areas to avoid staining.

After the drains are removed and the fluid stops leaking, wash the incision sites with water and an antibacterial agent, then apply a clean dressing.

Try to keep the dressings as clean and dry as possible.

Change them daily or when soaked to prevent infection.

Avoid overheating the operated areas.

To minimize swelling and bruising, apply a cold ice pack to the treated area.

Once the wounds have fully healed, we recommend moisturizing them (e.g., with petroleum jelly).

Burning, itching, pain, hardness, numbness, or stiffness are normal symptoms and should resolve within a month, although they may last longer.

4. Post-operative compression garment

After the procedure, you will be dressed in a special compression garment to provide comfort and help the skin adjust to the new body contour.

Wear the compression garment (compression corset) as recommended.

The compression corset is worn immediately after the drains are removed.

Wear the compression garment for at least two weeks post-operation, for a minimum of 10 hours per day.

It is recommended to remove the garment at least once a day for a minimum of 1 hour.

5. Showering and bathing

After the procedure, take showers until the wounds heal. Avoid baths, especially in jacuzzis.

6. Ems COMPEX Electro-stimulation

We recommend starting COMPEX approximately 21 days after the procedure.



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7. Manual Lymphatic Massage (MLM)

MLM, also known as lymphatic drainage, is a special type of massage performed by a qualified masseur or physiotherapist to aid the natural flow of lymph in the body.

We recommend starting MLM no earlier than 21 days post-procedure.

MLM will reduce swelling, accelerate healing, and decrease stiffness.

We also recommend gently compressing and moving the treated areas in the first week after the procedure to promote fluid discharge through the puncture sites and drains, helping to reduce swelling, bruising, and the risk of hematomas.

8. Physical activity

Do not overexert yourself but try to return to normal activity during the first week post-procedure.

Excessive swelling and discomfort may indicate overexertion.

It is normal to feel dizzy, especially when standing up or changing dressings.

Make sure you always have someone to assist you with these tasks for the first few days after the procedure.

Protect the operated areas from sunlight and use sunscreen with SPF 30 or higher for about three weeks post-procedure, especially during bruising, to avoid discoloration.

Additionally, use sunscreen on incision sites until they are fully healed.

9. Diet

If you feel nauseous, eat small amounts of easily digestible food.

To reduce stomach irritation, take your medications with food.

Drink plenty of fluids, about 3 liters a day.

10. Alcohol

Try to abstain from alcohol for at least 5 days before the procedure. Post-operatively, avoid excessive alcohol consumption to prevent delaying the absorption of bruises and swelling.

11. Smoking

Try to avoid or significantly reduce smoking. Smoking impairs circulation and slows the healing process.

12. Expectations

Remember that the goal of the procedure is not weight loss but body contouring and improvement.

Since the body tends to retain fluids after the procedure, you may notice a temporary weight gain (lasting up to about 3 weeks).

Furthermore, the goal is not to achieve perfection but to improve appearance.

Patients undergoing abdominal procedures may experience significant swelling in the pubic area, affecting the labia majora in women and the penis and scrotum in men.

Post-procedure discomfort usually involves deep muscle pain, lasting around 3-4 weeks, starting to subside after about 7 days.

A slight increase in body temperature, flushed face, neck, and upper chest may last for about 48 hours.

Symptoms of depression may occur, which should begin to diminish as swelling and bruising subside, usually after about a week.

Menstrual irregularities are also a side effect.

If the procedure was performed on the thighs, swelling of the ankles and calves may persist for several months.

13. Recovery tips

To optimize the results and ensure a smooth recovery, it's important to adopt healthy habits and follow specific guidelines.

Here are some recovery tips to consider:

Nutrition and Hydration

A well-balanced diet is key to supporting the body's healing process. Focus on eating nutrient-rich foods, including fiber from vegetables, proteins, and healthy fats from cheese and nuts. Avoid carbohydrates, and remember that fructose is a "poison."

