

# AESTHETIC PHYSIO- THERAPY AFTER A LIPOSUCTION

People are increasingly more concerned about keeping their body looking young and slim. Our life style and eating habits make this a difficult task, and very hard to achieve through our own efforts (balanced diet, exercise, etc.) and for this reason more and more people decide to undergo a liposuction.

After the operation for aesthetic surgery has been performed, the patient goes to the clinic to be attended by a team of professionals who will carry out the necessary treatment and check that the post-operative phase is evolving correctly.

After this procedure, and after the stitches have been removed, the patient will go to the physiotherapist. At this point the patient usually has an oedema or swelling, and in some cases, bruising, in the area that has been operated.

It is quite normal that during this first session with the physiotherapist, the patient shows some concern as the results expected are not immediately visible, and at the same time might have certain doubts regarding what care has to be taken, what clothing should be worn, etc.



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It is true that after a liposuction there can be some undesired effects that are caused by or due to:

**- inflammation :** The normal trophic reaction of the immune system to defend itself. To treat this reaction, the patient should undergo a series of prescribed sessions of lymphatic drainage.

**- bruising :** Located in the area operated, usually slight and does not present any complication worthy of mention. To minimize and make the bruising disappear, we recommend applying a cream with anti-bruising action, and lymphatic drainage.

**- fibrosis :** The natural reaction of our body, tending to bind the tissue cut by the surgeon in a way that is excessive, leaving irregularities on the skin that can be felt when touched.

Sessions of physiotherapy after a liposuction enable us to achieve the best results and (in the majority of cases) to reduce the post-operative recuperation time by up to 50%.

The purpose of lymphatic drainage is to :

- **drain the oedema**
- **reduce the bruising**
- **accelerate the healing process**

During the sessions, the physiotherapist will try to ensure that these are not painful, by making gentle, precise movements that will alleviate the pressure in the tissue caused by the bruising. The technique used is by applying pressure to the lymph nodes closest to the area operated. These are responsible for reabsorbing the fluid that has infiltrated into the tissue.

## **WE RECOMMEND 2 OR 3 SESSIONS PER WEEK, FOR 2 WEEKS**

Another important aspect of undergoing lymph drainage after the operation is that it speeds up the process of making the bruising disappear and avoids much of the fibrosis that can occur whilst the oedema is disappearing. In those cases where fibrosis is produced, a special technique will be used that makes it possible to prevent it and make it disappear.



## **RECOMMENDATIONS**

### **1.- DURING THE FIRST MONTH**

- Don't forget to wear a girdle (or compression garment) 24 hours a day during the 1st week and only during day for the 2nd week.
- Don't go to the gym (the only exercise recommended is walking).
- Wear clothes that are loose and comfortable.
- Posture : it is best to lie down or stand, but not to sit, as in this position, wearing the girdle, a barrier is created that prevents natural drainage.
- Don't sit in the sun.
- Use the shower rather than the bath.
- Remember to dry the scars of the stitches. These are tiny scars that can be invisible, and we recommend using a gel with aloe-vera or vitamin E, every day.

### **2.- DURING THE SECOND MONTH**

- Life as usual. We especially recommend taking some kind of exercise and a healthy diet, to maintain and conserve the results you have been expecting thanks to the liposuction.