



ABSOLUTE
COSMETIC MEDICINE

LIPOSCULPTURE
SHOWER INSTRUCTIONS

1. You are NOT to shower on the night of your procedure. Your garment is to REMAIN ON until the following day as you must return to the clinic to have your dressings changed by the nurses. You will be checked by your doctor on this day as well.
2. When you are preparing to have your first shower please ensure that you are SITTING DOWN when taking off your garment. Your garment acts similar to a pressure suit so your body may need to adjust its circulation slightly and you may experience dizziness the first time you take your garment off if standing up. Please sit for several minutes and allow your circulation to settle.
3. Please sit on a chair in the shower, if you do not have a chair, if at any time you feel dizzy sit on the shower floor. For your first shower it is advisable to have someone with you so if required you have help on hand.
4. Please see garment washing instructions enclosed in your pack.
5. You are NOT to leave your garment off for any longer than one hour at a time for the first two weeks post-operative.
6. When putting your garment back on please ensure that your abdomen is flat as you do not want to create any folds in your skin. If your garment is causing you discomfort in any areas lay some gauze between your skin and the garment but do not alter your garment in any way before contacting our clinic.

THINGSTO REMEMBER FOR HOME

- Mattress cover, dark sheets and towel to protect your mattress in case of leakage.
- Metamucil Tablets to prevent constipation
- Panadol Tablets for pain relief
- Bra with NO wire
- Body Wash – no soap
- Perfume Free Body Lotion
- Stool for shower

If you are a country patient (Geraldton, Kalgoorlie etc.) you are required to stay in Perth for 5-7 days.

If you are booking a hotel/motel please ensure all accommodation is on the ground floor so you do not have to walk up stairs or use an elevator.

If you are more than 20 kilometres from Perth CBD (Mandurah, Port Kennedy etc.) you are required to stay in Perth for approximately 2 nights.