A Trick for Dressing After Liposuction

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Liposuction has become the most common aesthetic procedure worldwide for excess fat removal [3] thanks to its relative safety and ease of performance after appropriate training. Over the years, numerous changes and innovations have improved this procedure [1]. Several papers from the literature stress postoperative care using compression garments or other compression devices to minimize postoperative bleeding and edema.

Mladick [3] has modernized the concept of postoperative massage to reduce edema through the application of sequential compression devices during the postoperative period. This approach requires that the patient use the sequential compression devices as much as possible, at least at night, with firm stockings used during the day for 2 months [2].

In our department, we perform tumescent liposuction, which frequently requires locoregional anesthesia, sedation, or general anesthesia. For this reason we often are faced with the well-known problem of putting on the dressing garments when the patient is not collaborative at the end of the surgery.

We propose a simple and reliable method for putting on the dressing garments easily just at the end of the surgery.

We suggest using nonsterile Vaseline cream, applied over the skin area, to facilitate sliding of the garment and correct positioning of the compression device.

We use the Caromed Lycra garment (Mentor, Rome, Italy). This type of dressing garment is easily washable and therefore reusable. Moreover, we have not observed any impairment of the garment's mechanical strength caused by the Vaseline cream.

Although we always suture the surgical incision with 4/0 nylon, patients sometimes have some bleeding. Even on these occasions, they have never reported discomfort or problems associated with the emolience of blood and Vaseline at the beginning of the postoperative period. This trick, based on our medical practice, is safe and has very good patient compliance.

References

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