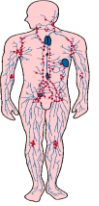


NEWCASTLE LYMPHOEDEMA & LIPOEDEMA CLINIC

Treatments • Education • Products
28 Cathrine Street, Kotara South NSW 2289
Ph: (02) 49 20 70 10

Email: newlymphclinic@bigpond.com

Website: www.newlymphclinic.com.au



Pre & Post Surgery Checklist

- Early Preparation is vital to a successful outcome
- Book Surgeon consultation
- See your Lymphatic Therapist
 - Pre-op measurements & Photos
 - Order compression garments for both pre & post-op, you will need post-op compression for 4-6 weeks, transition into day compression & soft night time compression.
 - Discuss surgery questions
 - Get treatments to soften tissue & reduce swelling – this makes the surgery more efficient
 - Practice putting compression on & off
 - Start your clean eating plan to reduce inflammation, weight & build immunity this will flow through to post surgery “The Lymphatic- Friendly Diet” (go to page on website)
 - Start your skincare regime NewLymSkin™ (go to “shop” on website)
 - Have your time off work, childcare, house chores & who can drive you to appointments organised
 - Book post-op Lymph Drainage appointments
- Get full blood screening 1 month prior to surgery & make sure all your medications are up to date
- Keep hydrated
- Use a antibacterial, moisturising soap & lotion – NewLymSkin™ (“shop” on website)

What to take to hospital

- Use a GEKO 24-48 hours prior to surgery to reduce any oedema
- Medications
- Compression garments + Fibrosis Sheet (go to “shop” on website)
- Large t-shirt or nightie for ease of getting on & off
- Large slippers or socks with rubber dots on the bottom (go to “shop” on website)
- Arnica cream, Hydralyte, NewLymLotion™ for wounds & scars (go to “shop” on website)

Kristin Osborn

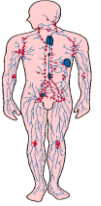
**Lymphoedema/Lipoedema/ Pre & Post Surgery Specialist Lymphatic Therapist,
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Post Surgery

- Check your skin & wounds daily for any redness, pain or swelling, if there are any changes take a photo contact your surgeon or therapist
- Shower or sponge bath
- Return to exercise after consulting with your therapist
- Scars & Fibrosis can be addressed & treated at your post-op Lymph Drainage appointments

Advice from a Plastic & Reconstruction Surgeon

- Lifestyle modification is the key to producing good & satisfactory improvement, before & after surgery
- Liposuction is NOT a weight loss surgery
- Aggressive liposuction, removing most fat under the skin is not recommended due to a high risk of skin death & contour deformity
- For best results from surgery, you need regular non-surgical treatments such as Lymph Drainage Therapy twice weekly for 4-6 weeks after surgery
- Post-surgery swelling can take up to 12 months to settle, even with non-surgical treatments.
- Compliance & Self-care are crucial & can affect the final outcome

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