Precautions after Liposuction

How to Perform Self-Disinfection After Liposuction

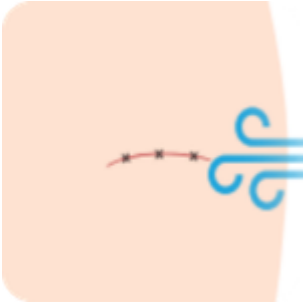
1. **Removing the Compression Garment** | Sit in a clean, safe area and gently remove your compression garment.
2. **Hand Washing** | Wash hands thoroughly with soap and water or an alcohol-based sanitizer for at least 30 seconds.
3. **Removing the Bandage** | Carefully remove the bandage covering the incision site.
4. **Disinfection** | Disinfect the incision area with an antiseptic solution (e.g., povidone-iodine).
5. **Drying (Air dry completely)** | Allow the disinfectant to air dry completely. Avoid contact with unclean surfaces.
6. **Antibacterial Ointment (Bactroban)** | If prescribed, apply ointment with a sterile cotton swab. Keep the tube tip clean at all times.
7. **Disposable Bandage** | Apply a fresh disposable bandage. Do not touch the inner gauze with your hands.
8. **Showering Instructions** | Allowed after 3 days with a waterproof bandage applied. After showering: Remove the waterproof bandage and disinfect the area again.



2. Hand Washing



4. Disinfection (Povidone-iodine)





5. Drying
(Air dry completely)

6. Antibacterial Ointment (Bactroban)



7. Disposable Bandage

- Please return to the clinic for stitch removal approximately 2 weeks after surgery. (To prevent infection, ensure thorough disinfection and complete drying of the area.)
- Disinfect the area once every two days. Replace the disposable bandage once a day.
- **Bandage removal and disinfection should be performed one day after the procedure.**

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