

POSTOPERATIVE INSTRUCTIONS

LIPOMA REMOVAL

Your return home

You may eat and drink as you like, depending on your tolerance.

You may sleep in whichever position is comfortable for you.

Si vous avez subi une chirurgie au niveau de votre visage, veuillez porter une attention particulière à tout mouvement qui pourrait faire rougir votre visage (comme se pencher vers l'avant ou encore forcer contre des objets lourds).

Avoid physical activity and exertion for the next 2 weeks.

You may remove your bandage after 2 days and wash the area with a mild cleanser, even if you have stitches.

If there are steri strips covering your wound, leave them in place for 2 weeks. They will fall off by themselves in the shower after this time.

We suggest starting to massage your scar 3 to 4 weeks after the surgery, and continuing the massages for one year.

Avoid exposing bruised regions to the sun until the bruises disappear. Avoid sun exposure to your scar for one year.

For any questions or concerns please do not hesitate to contact us at the clinic during opening hours or on the emergency cell phone number that was given to you.