

Jane ANG – Liposuction surgery on 3rd July 2010

Pre-ops pictures taken on 21st Feb 2010



Week 2

Sat 10 July day 8

Having problem to bandage the legs due to soreness from swelling and bruising. Take 1.5hrs to change the dressing and finally with back ache. The compression bandage is difficult to bandage for the upper inner thigh areas as the flesh around this area is still flabby. Still having problem to move side to side when in bed. The ankles are raised when sleeping but do not help much.

Sun 11 July day 9

Still sore but manage to drive around, however had problem trying to bend legs into cars. Both feet are swelling badly. Cannot wear heels.

Mon 12 Jul day 10

The soreness continues and uncomfortable but manage to 'run' around for work. Feet are still swelling and manage to wear sport shoes and not heel as cannot fit in. Bastigrass is insufficient so used plaster for remaining open wounds. The wound at thigh areas healed quite fast but not the knee wound.

Tue 13 July day 11

Finally start my Javanese massage at 11am, 1 hr and it really helps alot. The swelling & tightness subside especially the feet, bruising subside. More comfortable to move around. Able to sleep side to side with more ease now.

Wed 14 July day 12

After the massage the day earlier and continuing with Arnica, the swelling & bruising subside tremendously. Continue with massage @ 3pm, start wearing the XS compression thighs as compression bandage begin to itch. The knee wound is taking longer to heal. Struggle to wear and move around in heels for work.

Thu 15 July day 13

Bruising are almost vanishing now but swelling and tightness especially around the knees, back calves. It seems the right leg is more severely affected than the leg. Both feet are less swollen now, and able to walk well in heels. Feeling

more comfortable in compression thighs than bandages. Massage at 11am. As the feet swelling subsides tremendously, no pain in walking around.

Fri 16 July end of week 2

Massage @ 10.30am. Despite having such major surgery on both legs this time, the recovery is amazingly fast supposingly with the aid of Arnica & the daily Javanese massage, bruises and swelling subsides very fast as compared to my previous surgery only on outer upper thighs take 2 weeks for the bruise to vanish via LipoSelection but without Arnica & daily massage. Even the masseur sees a great difference between yesterday and today that the bruising are now almost gone. Today, I am very very mobile with no pain/stress ! 😊 😊 😊

Please find herewith the pictures and measurement taken end of week 2.

Weight : 51kg
Right upper thigh : 49cm
Left upper thigh : 47.5cm
Right calf : 33.5cm
Left calf : 33cm

End of week 2 progress



Feet are no longer swelling on Day 14!

