

## J ANG – Liposuction surgery on 3<sup>rd</sup> July 2010

Pre-ops pictures taken on 21<sup>st</sup> Feb 2010



Measurement taken on 3<sup>rd</sup> July 2010

weight = 51.4 kg  
hip = 94 cm  
upper right thigh = 51 cm  
upper left thigh = 50 cm  
right calf = 30 cm  
left calf = 31 cm

### **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 Balinese 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. 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 feets are less swollen now, and able to walk well in heels. Feeling more comfortable in compression thighs than bandages. Massage @ 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 supposing 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

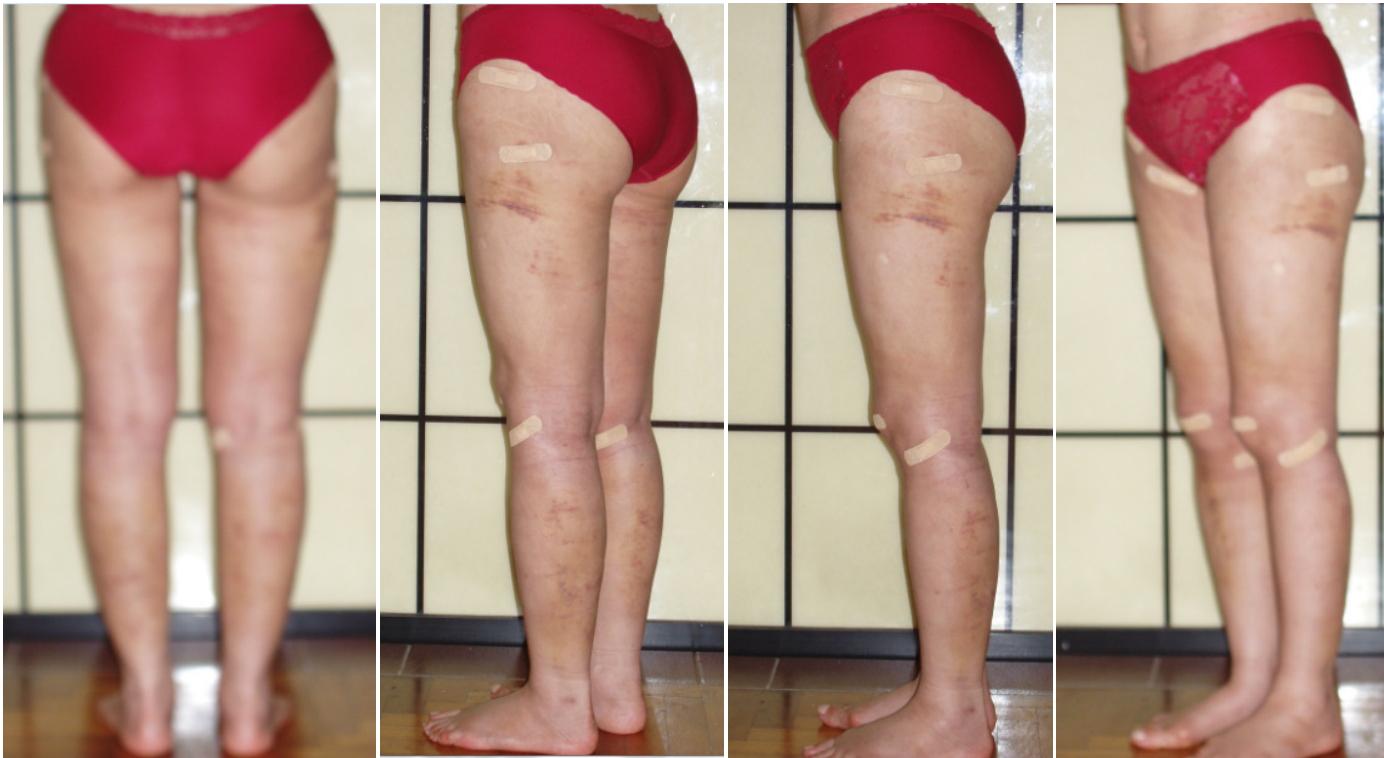
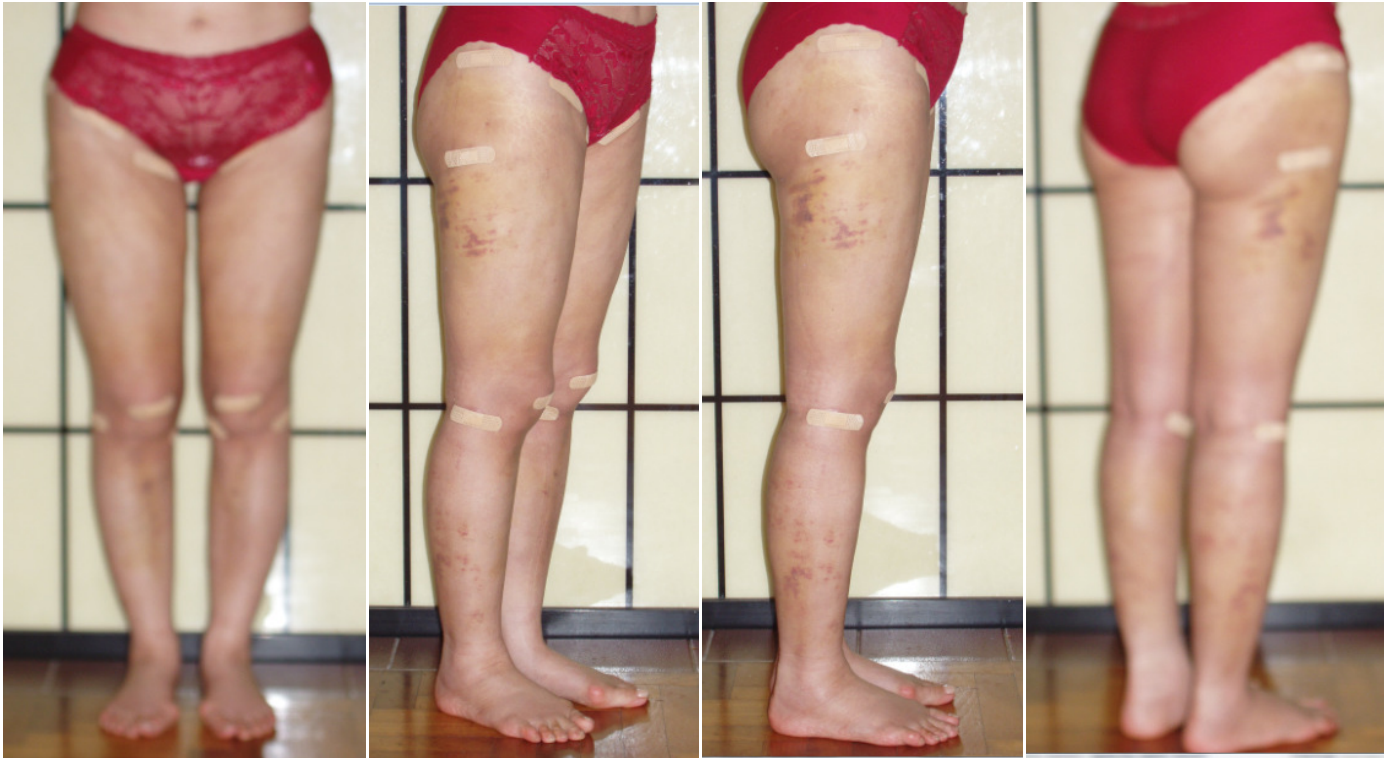
End of week 2 progress



Feet are no longer swelling on Day 14!

Day 16, the feet are normal now!

End of week 2 post-ops pictures taken on 16th July 2010



### **Week 3**

#### Sat 17 July day 15

No massage today as appointment slot fully booked. Taking the last Loran 10mg tablet today. The feet are fully recovered as I can wear my heels and still walk in comfort, no more swelling. Stopped the Gentamycin ointment but started with Hydrocortisone and Bleaching AM & PM cream. The keloids on the knees look quite ugly.

#### Sun 18 July day 16

No massage today as appointment slot fully booked. Upon removing the white plaster, the keloids on the knees subside and are smaller now. Huge differences in the keloids in 12 hours' after applying the Bleaching PM cream. Today, except for slight tightness on the right knees and patchy colouring due to the bruising, the recovery is at almost there.

#### Mon 19 July day 17

No massage today as the salon is closed. Though the bruises have all subsided, the swelling on the right leg makes it feel taut. The calves and knees areas are still tight, probably due to absence of massage 3 days' in a row. The XS compression tight is beginning to feel 'loose', a sign of subsiding swelling.

#### Tue 20 July day 18

Massage @ 10.30am. It really helps to relieve the tautness especially on the right leg, feel so relax.

#### Wed 21 July day 19

Massage @ 10.30am. The calves and knees continue to feel taut. The right leg is occasionally feeling itchy but no more Loran anti-itch tablet available.

#### Thu 22 July day 20

Massage @ 10.30am. Still some small lumps at the upper right thigh.

#### Fri 23 July day 21

Finally end of week 3. Massage @ 10.30am. The calves and knees continue to feel taut.

Please find herewith the pictures and measurement taken end of week 3.

Right upper thigh :48cm

Left upper thigh : 47cm

Right calf : 32cm

Left calf : 32cm

End of week 3 post-ops pictures taken on 24<sup>th</sup> July 2010



**Week 4**

Sat 24 July day 22

No massage today as appointment slot fully booked. The Hydrocortisone is fully consumed and there is still redness in the wound areas. The right thigh is now less

Sun 25 July day 23

Massage @ 2.30pm.

Mon 26 July day 24

No massage today as the salon is closed.

From Tue 27 July day 25 to Fri 30 July day 28

Daily massage has been scheduled. Though the upper thighs have returned to normal condition but the knees and lower legs are still sore. For the following weeks, a twice weekly massage has been scheduled to focus mainly on the lower legs especially the calves.

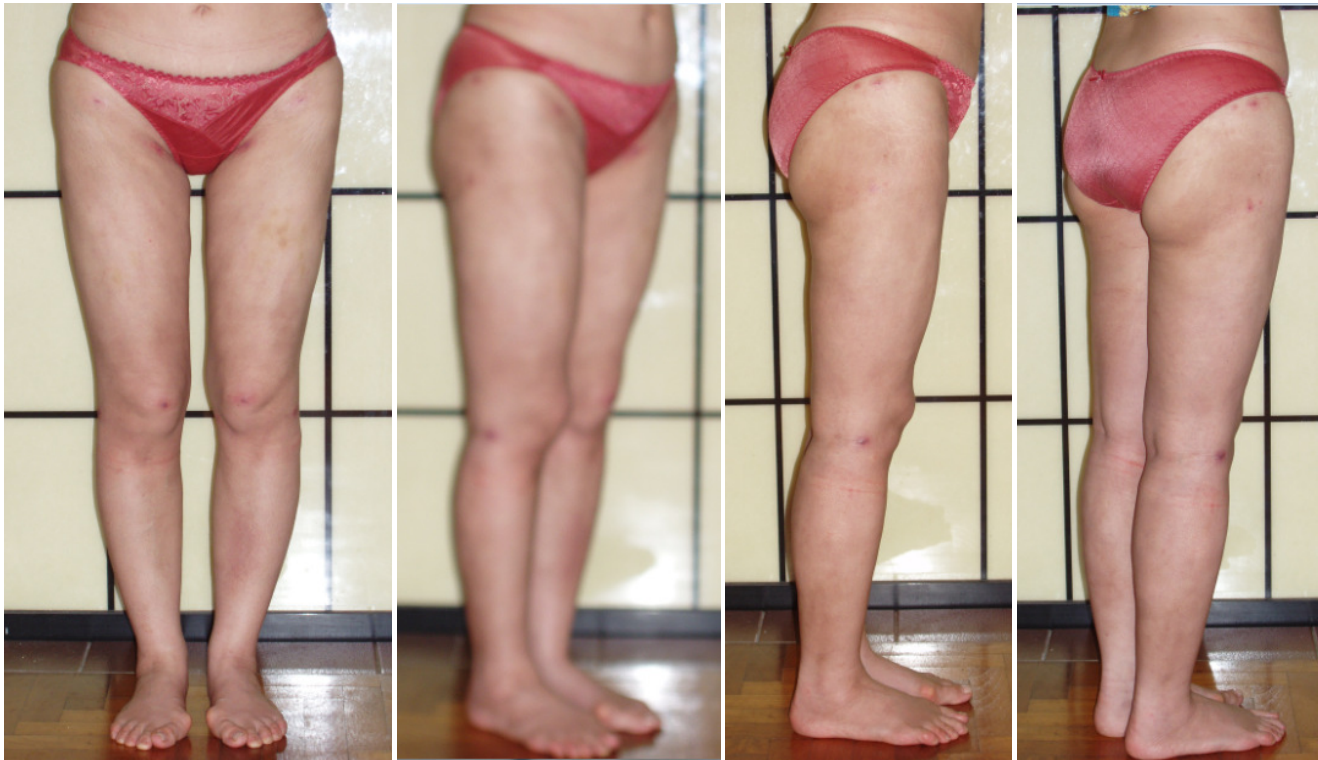
Please find herewith the pictures and measurement taken end of week 4.

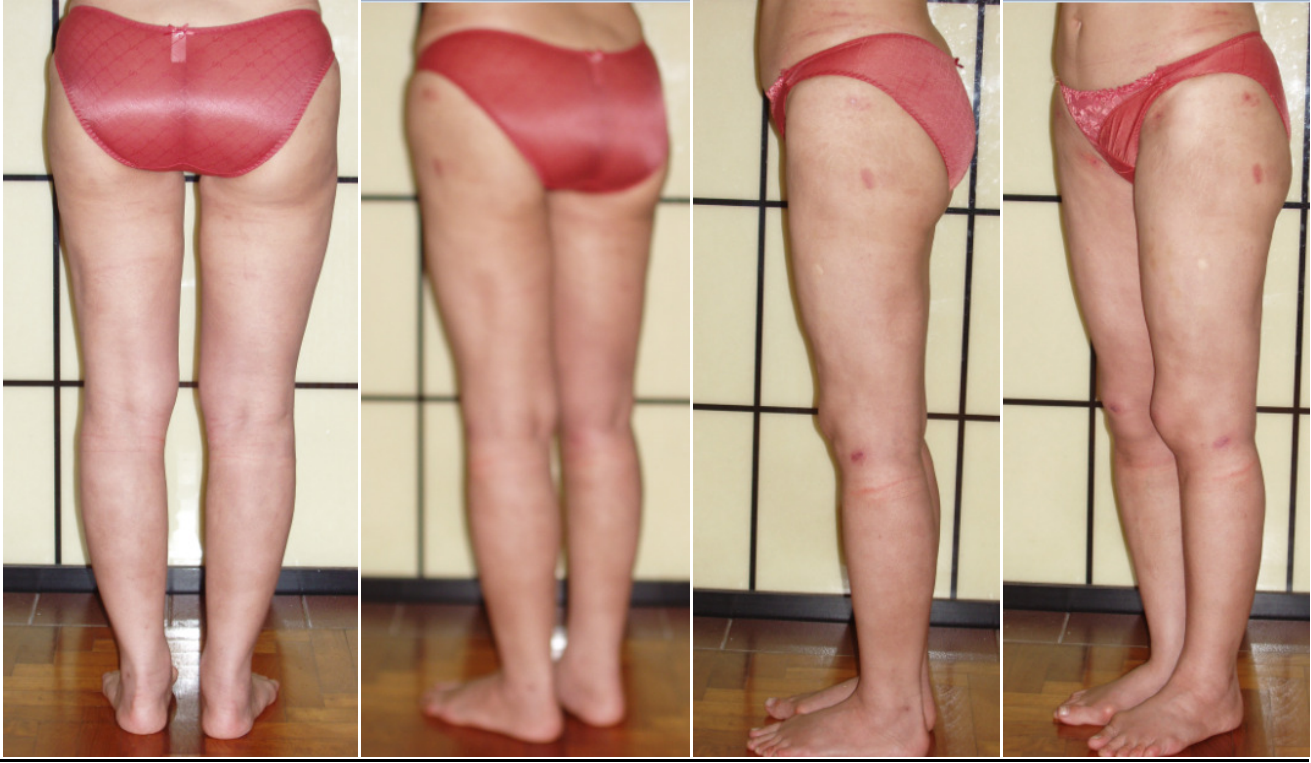
Right upper thigh :47.5cm

Left upper thigh :47 cm

Right calf :32 cm

Left calf : 32cm





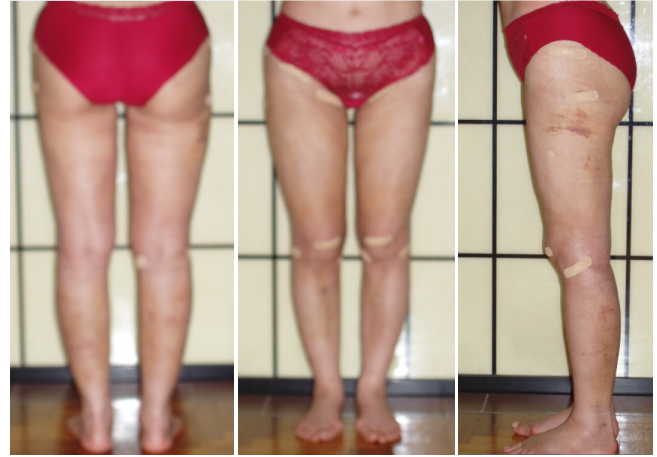
## SUMMARY OF RECOVERY

Results Comparison pre-ops vs. week by week progress

Pre-ops



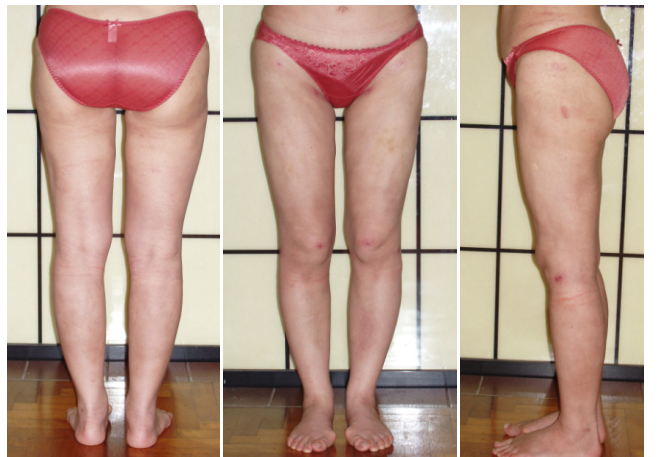
End of week 2



End of week 3



End of week 4





## **ACKNOWLEDGEMENT OF THANKS**

This article is to acknowledge special thanks to Dr Arthur Tjandra at Elixir de Vie in Medan for a very satisfactory surgery performed and to Warisan Spa in Singapore for the effective Balinese massages by the masseurs which alleviate the swelling in a very quick manner.

From Day 12 to Day 16, most of the bruising and swelling subsided tremendously especially the feet. As in any surgery, it is essential to plan and provide to oneself, the post-ops care in order to reduce the downtime and expedite the recovery. I can imagine if the massage is not done on a daily but weekly basis, the recovery will take 2-3 months.

Before one goes for the liposuction surgery regardless of any part of the body, it is advisable to book your masseur in advance to continue the massage program immediately upon your return. A speedy recovery will allow one to carry on with the rest of one's activity without being hindered by the slow recover.

The final stage in the next few weeks will be to care for the wound area to completely heal and the calves swelling to subside.

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