DR EYAS MEDANAT

Dr. Eyas Medanat
Unit 303, 3rd Floor, Block B, Ibn Sina Building 27, Dubai Healthcare City, Dubai, UAE
+971 50 108 8378 · info@eyas.doctor

GUIDES · HIGH-DEFINITION LIPOSUCTION WITH SKIN TIGHTENING · REVISION LIPOSUCTION & SUBCISION

Liposuction & High-Definition Liposuction



Liposuction removes fat through small openings; high-definition techniques sculpt the shadows between muscle groups. Your result depends heavily on compression, movement and patience — swelling hides the outcome for the first weeks, and the body keeps refining for 3–6 months.

1 At a glance

PROCEDURE TIME
1–3 hours depending on areas

ANAESTHESIA
General anaesthesia or deep sedation

GOING HOME
Home the same day or next morning

GARMENT / DRESSING
Stage 1 garment 24/7 for 3–4 weeks, then stage 2 for a further 2–4 weeks

STITCHES
Small stitches removed at 7–10 days

BACK TO WORK
5–10 days

EXERCISE
Walking from day 1; light gym at 3–4 weeks; full training at 6 weeks

2 Before your surgery

Specific to this procedure

- Buy your compression garment (and foam boards if advised) in the size we give you, and try it on before the day.
- Cover the car seat and your bed with absorbent pads or towels for the first nights — the openings leak.
- Keep your weight stable in the weeks before surgery.
- Drink well in the days before and eat normally until the fasting time.

Preparing for surgery

2–4 WEEKS BEFORE

- Stop smoking and all nicotine — cigarettes, vapes, shisha, patches and gum — at least 4 weeks before and 4 weeks after surgery. Nicotine narrows the small blood vessels that heal your wounds and is the commonest cause of wound breakdown.
- Complete the blood tests, ECG or other checks we request, and bring any recent results you already have.
- Tell us about every medicine, supplement and herbal product you take, any allergies, and any previous anaesthetic problems.
- If you take the contraceptive pill, hormone therapy, or weight-loss injections (such as Ozempic, Wegovy or Mounjaro), tell us early — some need to be paused before anaesthesia, and we will tell you exactly when.
- Arrange time off work and help at home for the first days, especially if you look after young children.

10 DAYS BEFORE

- Stop aspirin, ibuprofen and other anti-inflammatory painkillers, and supplements that thin the blood: fish oil / omega-3, vitamin E, ginkgo, garlic, ginseng and turmeric. Paracetamol is fine.
- Do not stop any prescribed blood thinner (warfarin, apixaban, clopidogrel and similar) on your own — we will plan this with you and your doctor.
- Avoid alcohol from one week before surgery.
- Let us know straight away if you develop a cold, fever, cough, cold sore or any skin infection — surgery may need to move to keep you safe.

THE DAY BEFORE

- Nothing to eat for 6 hours before your admission time. You may drink plain water until 2 hours before, unless we give you different times.
- Take your usual morning medicines with a sip of water only if we have told you to.
- Prepare your recovery space: extra pillows, loose front-opening clothes, water bottle, phone charger within reach.
- Arrange an adult to drive you home and stay with you for the first 24 hours. You must not drive or take a taxi alone after anaesthesia or sedation.

ON THE DAY

- Shower and wash your hair. Do not apply body lotion, make-up, false lashes, nail polish, fake tan, perfume or deodorant.
- Remove jewellery and piercings; leave valuables at home. Wear glasses rather than contact lenses.
- Wear loose, comfortable clothes that open at the front and flat shoes.
- Bring your ID, your list of medicines, and your compression garment if we asked you to buy one.

3 After your surgery

Your medicines

- Augmentin (antibiotic): 1 tablet twice a day, with food, for 7 days. Finish the full course even if you feel well. Tell us before surgery if you are allergic to penicillin.
- Reparil (for swelling and bruising): 2 tablets three times a day for 7–14 days, as we tell you.
- Brufen (painkiller): take it only when you need it, with food. If you cannot take anti-inflammatory painkillers — for example because of stomach ulcers, kidney problems or asthma — tell us and we will give you an alternative.
- Fusidic acid cream (antibiotic cream): apply a thin layer on the wounds twice a day, after showering, until they have healed.

First 48 hours

- Pink, blood-stained fluid leaking through the openings is normal and helps the swelling — change the pads as needed.
- Stand up slowly; you may feel light-headed the first few times. Have someone with you for your first shower.
- Walk around the house every 1–2 hours while awake.
- Drink 2–3 litres of water a day, and keep salt low.

Compression garment

- Stage 1 garment day and night for 3–4 weeks — off only to shower, for no more than 30 minutes.
- Then a stage 2 (lighter) garment for a further 2–4 weeks, as we advise.
- Keep the fabric smooth, without folds; use the foam boards over the areas we mark.
- Wash the garment while you shower and put it straight back on (or use the spare).

Daily life

- Shower from 24–48 hours; pat the openings dry and cover with small dressings until healed.
- No baths, pools, sea, saunas or steam rooms for 3–4 weeks.
- If your buttocks or thighs were treated, use a soft cushion; avoid long periods sitting still.
- Keep stitch sites out of the sun for 3 months to prevent dark marks.

Lymphatic drainage and massage

- We usually recommend lymphatic drainage massage from about day 5–7, 2–3 sessions a week for 4–6 weeks, with a therapist experienced in post-surgical care.
- Firm, lumpy or uneven areas in weeks 2–8 are normal — they soften with massage and time.
- Numbness or tingling over treated areas is common and improves over months.

4 Your recovery, week by week

Day 1–2
Leakage, swelling and soreness like a heavy workout.

Day 5–10
Stitches removed; lymphatic drainage begins; back to desk work.

Weeks 3–4
Move to a stage 2 garment; light gym.

Week 6
Full training, swimming and saunas.

Months 3–6
Swelling resolves; definition and final shape show.

5 Follow-up visits

- 4 days after your procedure
- 2 weeks after your procedure
- 29 days after your procedure
- 6 weeks after your procedure

Call us straight away if you notice

- Light-headedness or fainting that does not settle with lying down and drinking.
- One area becoming much more swollen, hard and painful than the rest.
- A temperature of 38 °C or higher, shivering, or feeling generally unwell.
- Bleeding that soaks through the dressing, or does not stop after 10 minutes of firm pressure.
- Swelling that is sudden, tense and painful, or clearly larger on one side than the other.
- Redness that is spreading, increasing heat, pus, or a bad smell from a wound.
- Pain that is getting worse rather than better, or not controlled by the medicine we gave you.
- Pain, swelling or redness in a calf, or new breathlessness or chest pain — call 998 first.

Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.