

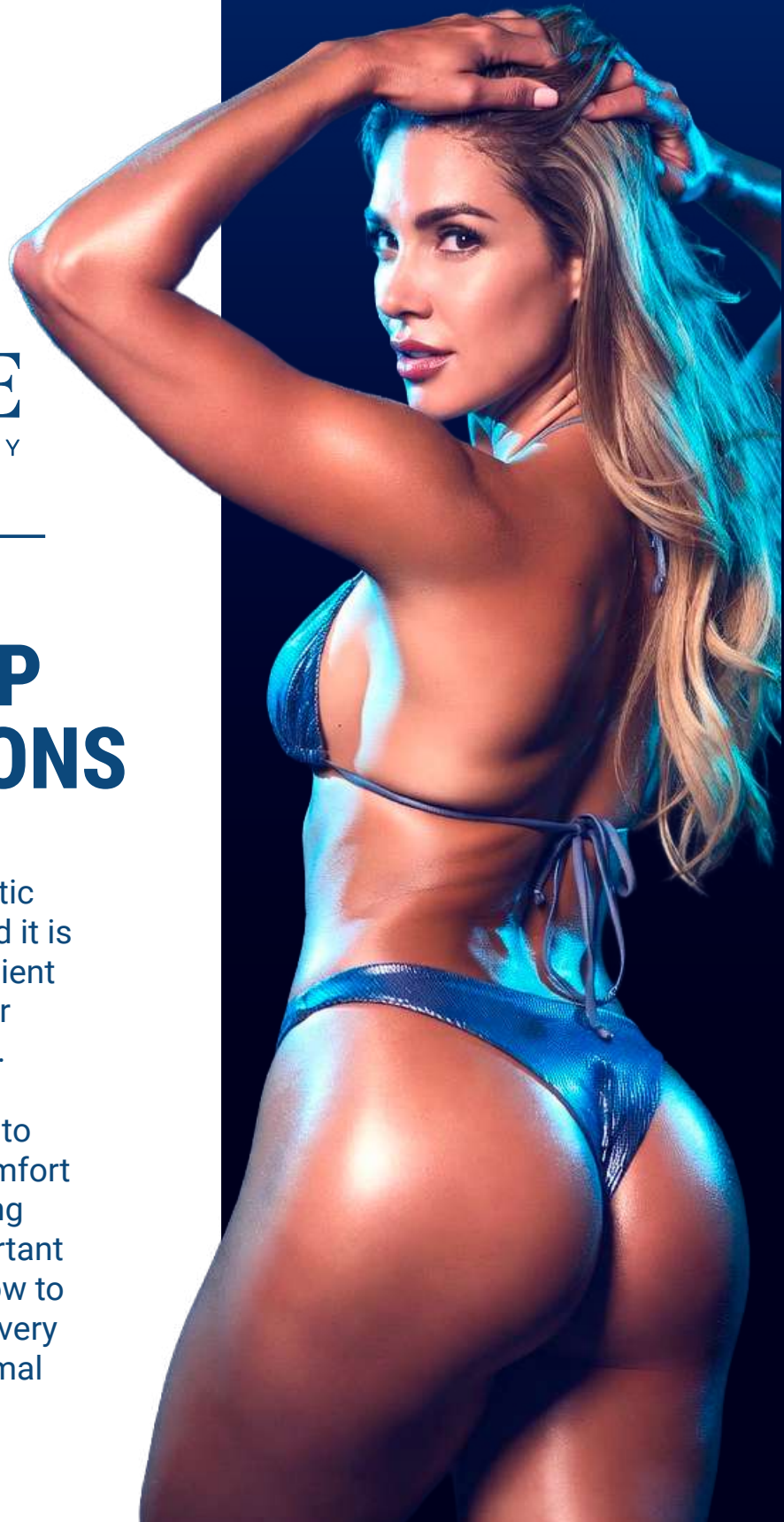


NEWME
PLASTIC SURGERY

POST - OP INSTRUCTIONS

Recovering from plastic surgery is a process, and it is essential to remain patient and attentive to your post-operative care.

Although it is normal to experience some discomfort and swelling following surgery, there are important guidelines you can follow to support a smooth recovery and help achieve optimal results.





GENERAL INSTRUCTIONS

- Be ready to take time off from work. You may take a few days off work to recover after plastic surgery. This downtime can help minimize the risk of post-surgical complications.
- Get your support team ready. The first few days after surgery, you may experience pain and swelling. It will be helpful to have someone to take care of you.
- It is crucial that you follow the schedule of appointments we establish after surgery.
- Stay hydrated and consume plenty of fluids.
- Get plenty of rest and follow a balanced diet, with increased protein.
- Take oral pain medication and all antibiotics as prescribed.

AFTER A LIPOSUCTION

YOU CAN EXPECT

Clear or slightly bloody drainage from the incisions during the first few days. This may occur in higher volume initially and gradually decrease.

Moderate discomfort, which is typically controlled with prescribed pain medication.

Moderate swelling in the treated area.

Bruising around the surgical area.

Sutures are dissolvable and do not require removal. If dressings are placed over the incisions, they may generally be removed after 72 hours, as instructed.

POST-OPERATIVE INSTRUCTIONS

Walk for 10 to 15 minutes every 2 hours to promote circulation.

Do not soak in a tub, jacuzzi, sauna, pool, or beach for 6 weeks following the procedure.

Do not smoke. Smoking may interfere with wound healing. No smoking is allowed 6 weeks before and six weeks after surgery.

Avoid unprotected sexual activity for at least 4–6 weeks after surgery.

Avoid direct sun exposure to the suctioned areas for several weeks.

You may return to non-strenuous work within 3–7 days after surgery.

Strenuous activities may be resumed in approximately 3–4 weeks, as advised by your surgeon.

Do not lift more than 5 pounds during the first six weeks.

Wear compression socks for at least two weeks.

It is highly recommended to receive at least five post-operative massage sessions. Additional sessions may further support optimal results.

After the second massage, begin using foam and board for eight weeks, as directed.

Wear your compression garment for three months. Change to a smaller garment when appropriate and as advised.

If you take regular medications, consult your surgeon regarding when it is safe to resume them.

AFTER A BBL

YOU CAN EXPECT

Clear or slightly bloody drainage from the incisions during the first few days. Drainage may be more noticeable within the first 72 hours and will gradually decrease.

Mild to moderate pain in liposuctioned areas, typically managed with prescribed pain medication.

Moderate swelling in the treated area. Swelling may persist for several weeks and, in some cases, months. It generally improves with rest and consistent use of compression garments.

Bruising around the treated areas. The intensity may vary depending on the extent of liposuction or fat transfer performed. Most bruising resolves within 2–3 weeks, transitioning from purplish tones to yellow or green as healing progresses.

Mild itching at the incision sites during the early healing phase.

Temporary asymmetries. Different areas of the body may heal at varying rates, meaning swelling, bruising, or discomfort may not be uniform initially. These differences typically even out as healing progresses.

Sutures are dissolvable and do not require removal. If dressings are placed over the incisions, they may generally be removed after 72 hours, as instructed.

Temporary sensory changes in the treated areas. You may notice numbness or tingling around incision sites and surrounding tissue. Normal sensation typically returns gradually over the following months.

POST-OPERATIVE INSTRUCTIONS

Walk for 10 to 15 minutes every 2 hours to promote circulation.

Sleep on your stomach. Avoid lying or sitting directly on the buttocks.

Do not soak in a bathtub, jacuzzi, sauna, pool, or ocean for 6 weeks following the procedure.

Do not smoke. Smoking may interfere with wound healing. No smoking is permitted 6 weeks before and twelve weeks after surgery.

For the first twelve weeks, you should sleep on your stomach and either remain in this position

or stand for most activities, except when using the restroom.

Avoid strenuous physical activities or exercise for approximately 6 - 8 weeks after surgery. Gradually resume normal activities as tolerated. Prolonged bed rest is not recommended.

Most patients require approximately 1–2 weeks off work, depending on their responsibilities. Returning on a light or part-time schedule may be beneficial.

Do not lift more than 5 pounds for the first six weeks.

Avoid unprotected sexual activity for at least 4–6 weeks following surgery.

Wear compression socks for at least 21 days.

Avoid direct sun exposure to the treated areas for several weeks after surgery.

It is highly recommended that patients receive at least five post-operative massages. In many cases, additional sessions may further support recovery.

After the second massage, begin using foam and boards consistently for eight weeks. They may be removed temporarily for showering.

Compression garments should be worn for approximately three months. Transition to a smaller garment size when appropriate. Ensure the garment fits smoothly against the skin without folds or creases.

After three weeks, sitting with a BBL pillow may be permitted. After twelve weeks, sitting directly on the buttocks may be allowed, as directed by your surgeon.

If you take regular medications, consult your surgeon regarding when it is safe to resume them.

AFTER A TUMMY TUCK

YOU CAN EXPECT

Clear or bloody drainage from the incision sites during the first few days. Drainage may be more noticeable within the first 12–48 hours and will gradually decrease.

Mild to moderate discomfort in treated areas, typically managed effectively with prescribed pain medication.

Moderate swelling of the area. Swelling may persist for several weeks and, in some cases, months. It can improve with rest and consistent use of compression garments.

Bruising around the treated area. The intensity of bruising varies depending on the extent of liposuction or fat transfer performed. Most bruising resolves within 2–3 weeks, transitioning from purple to yellow/green as it heals.

Itching at incision sites for a few days, which is a normal part of the healing process.

Temporary asymmetry. Different areas of the body may heal at varying rates, causing uneven swelling, bruising, or discomfort. These differences typically balance out as healing progresses.

Dissolvable sutures that do not require removal. If a dressing is placed over the incisions, it may be removed after 72 hours, except for any brown surgical tape, which should remain in place as instructed.

Temporary sensory changes, such as numbness or tingling around incision sites and treated areas. Normal sensation generally returns gradually over the following months.

POST-OPERATIVE INSTRUCTIONS

Sleep in a semi-sitting position for the first two weeks.

Walk 10–15 minutes every two hours to promote circulation and lower complication risk.

Avoid abdominal exercises and strenuous activities (cycling, jogging, weightlifting, aerobic exercise) for 6–8 weeks.

Keep surgical tape dry. If it gets wet, gently dry it using a cool air setting.

Clean the belly button with water and antibacterial soap as instructed without Q-1.

Remove surgical tape after 14 days. Showering is usually allowed starting day 3, unless advised otherwise.

Do not wear a waist trainer; use a surgical binder only (not too tight). Lymphatic massage and compression garments are typically introduced around four weeks post-op, once healing is complete.

Avoid smoking and secondhand smoke for at least eight weeks after surgery.

Maintain a healthy, balanced diet to support recovery. Take all prescribed medications as directed.

Most patients return to work within 2–3 weeks, depending on job demands. A light or part-time schedule may help initially.

If you take regular medications, consult your surgeon before restarting them.

AFTER A BREAST ENHANCEMENT

YOU CAN EXPECT

Moderate discomfort, which should be relieved with pain medications. Most of the higher discomfort will subside after the first few days.

Temporary soreness, bruising, swelling, and tightness in the breasts.

Some bloody or clear drainage on dressings for the first week after surgery.

Random, shooting pains, tingling, or other strange sensations in the skin for a few months. These will subside.

Changes in nipple sensation. This should resolve.

If you got implants, they may appear higher in position, firm, and uneven due to swelling during the healing process. After 3-6 months, the implants should show a final result with significantly reduced swelling.

Asymmetry: breasts may look or feel quite different from one another in the days following surgery. This is normal and should resolve.

POST-OPERATIVE INSTRUCTIONS

For the first few days following surgery, you should try to restrict your arm movements. Move your arms slowly to avoid sudden jerky movements of the chest and breast area. Try to keep your arms as close to your body as possible.

Avoid rigorous movement and do not lift more than 5 pounds for the first eight weeks.

Do not smoke or be in contact with smokers for eight weeks after surgery.

Avoid getting the tape wet; if it gets wet dry it well with an air dryer on cold.

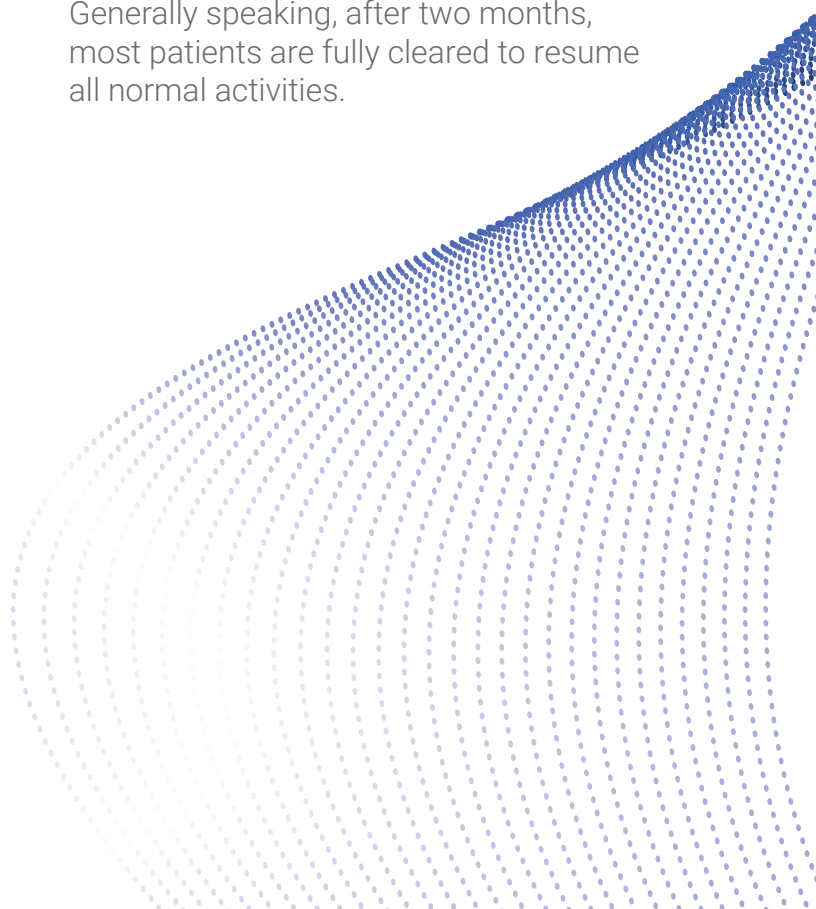
Start walking as soon as possible; this helps to reduce swelling and lowers the chance of blood clots.

Only wear a surgical or sports bra with a front closure for the first eight weeks. That does not push the implants up.

Wait to drive until you have a full range of motion with your arms.

Sexual activity can be resumed when you feel ready with no restrictions. Incisions should be well-healed. Patients typically feel prepared after one month.

Generally speaking, after two months, most patients are fully cleared to resume all normal activities.



CALL 911 OR VISIT YOUR NEAREST EMERGENCY ROOM IF YOU EXPERIENCE

Severe pain not relieved by pain medications.

Increased swelling of the area that is not decreasing.

Excessive drainage or heavy bleeding.

Pus draining from the incision.

Loose stitches or your incision comes open.

A fever greater than 101°F.

Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

REMEMBER

That each surgery and patient is different, so be sure to follow any other specific instructions provided by your surgeon after the surgery. If you have any questions or concerns, don't hesitate to contact us. We're here to help you through every step of the process!

