



Mommy Makeover Recovery Guide

WITH DR. NICHOLAS WINGATE

At-Home Support

Please arrange for someone to drive you home and help around the house for the first few days. A supportive environment during early recovery will make a significant difference in your comfort.

Returning to Daily Activities

- Most patients return to desk work within two weeks.
- Swelling and discomfort may continue but typically improve by the end of the second week.
- Patients are typically cleared to return to the gym or resume physical activity around 6 weeks post-op.

Compression Garments

Abdomen

- You will go home in a compression garment over your abdominal area.
- Please have two garments ready in advance - snug-fitting but easy to put on and remove.
- Compression should be worn consistently for 6 weeks for optimal healing and results.

Breasts

- You'll leave the procedure in a surgical bra or compression wrap.
- Wear this for the first 3-7 days, then switch to a lightly compressive sports bra if preferred.
- Do not wear underwire bras until cleared by Dr. Wingate (or never again).

Pain & Discomfort Management

- Liposuction may be used during your procedure and is typically performed with local anesthesia, which lasts 4-8 hours post-op.
- Most patients transition to Tylenol + Advil by the second or third day.
- Gentle movement, rest, and compression help relieve discomfort.

Surgical Drains

- You will likely go home with two abdominal drains, which are usually removed within 4-8 days after surgery in the office.
- Full drain care instructions will be provided at your pre-op appointment.
- For showering with drains, use a lanyard or long necklace to clip and support the bulbs.

Showering & Bathing

- You may begin showering two days after surgery using gentle, fragrance-free soap.
- Avoid soaking in baths, pools, or hot tubs until cleared by Dr. Wingate.

Normal Healing

- Swelling and bruising are expected and may last several weeks to months.
- You may notice fluctuations in swelling during recovery.

The most effective ways to reduce swelling include:

- Wearing compression garments as directed
- You may notice fluctuations in swelling during recovery
- Avoiding overexertion in the first 4-6 weeks
- Staying hydrated and well-nourished

Engaging with lymphatic massage specialists as outlined by Dr. Wingate.

When to Call

Please Reach Out To Wingate Plastic Surgery If You Experience:

- Bleeding that does not slow or requires you to change pads more than every few hours
- Noticeable asymmetrical swelling (e.g., one side significantly larger than the other)

- Pain that is not controlled by rest, ice, or medication
- New fever or redness spreading beyond your incision lines

At Wingate Plastic Surgery, we're here to guide you through each phase of your transformation with compassion, expertise, and care. If you have any concerns during recovery, we're just a phone call away.