

Post-Operative Care Instructions for Circumferential Body Lift

A circumferential body lift is an extensive procedure that requires careful attention to incision care, mobility, and overall recovery. Please read and follow all instructions closely.

General Guidelines

- Rest at home for the first **48–72 hours**. Keep your head and upper body slightly elevated at all times, even while sleeping.
- Avoid lying flat — use two to three pillows under your back and one under your knees for comfort and to reduce tension on your incision or sleep in a recliner.
- Avoid heavy lifting, pushing, pulling, or strenuous activity for at least **4–6 weeks**.
- Walk short distances several times a day to promote circulation and prevent blood clots.
- Do **not** smoke, vape, or use nicotine products. These severely delay healing.
- **No alcohol** while taking pain medications or antibiotics.

Medications

Please follow all medication instructions provided in your post-operative folder. Proper medication use is essential for comfort and healing.

Activity

Your mobility is extremely important after a body lift, but activity must be controlled and safe.

- Begin **walking the same day** as surgery—with assistance—to promote circulation.
- Take short, frequent walks throughout each day.
- Avoid bending at the waist; instead, bend at the knees using support when needed.
- No lifting over **8–10 lbs** for at least **4–6 weeks**.
- Avoid twisting, stretching, or reaching motions that place tension on the incision line.
- You may need to remain in a slightly bent posture for several days to reduce tension on the incisions.

Dressings, Compression & Drain Care

- Keep all dressings in place unless directed otherwise.
- Wear your **compression garment** continuously as instructed; it helps reduce swelling and supports the surgical area.
- Typically, garments are worn **24/7 for 8 weeks**.
- If drains were placed, empty and record outputs as instructed; bring your drain log to all follow-ups.
- Keep all incision sites **clean and dry**.

Bathing & Hygiene

- You may shower **24–48 hours** after surgery **unless otherwise instructed**, taking care to protect drains if present.
- Allow water to gently run over incisions—do not scrub.
- Pat dry with a clean towel.
- **No soaking** in baths, hot tubs, pools, or oceans for at least **6 weeks** or until cleared.

Expected Symptoms

During early recovery, it is normal to experience:

- Tension around the midsection
- Swelling and bruising
- Fatigue
- Mild drainage from incision sites
- Tightness when standing fully upright

These symptoms should improve gradually each day.

When to Call Us

Seek medical attention for:

- Fever higher than **101°F**
- Increased redness, heat, or swelling around the incision
- Foul-smelling, yellow, or green drainage
- Sudden increase in abdominal or back swelling
- Severe pain not relieved by medications
- Difficulty breathing or chest pain (call 911)

Contact Us

We are here to support your recovery every step of the way.

- To reach our care team, please **call or text (813) 542-2587**.
- **Urgent text messages** outside business hours will be answered as promptly as possible during reasonable waking hours.
- For after-hours emergencies, the **answering service** can contact the physician on your behalf.