

Frequently Asked Questions

When can I take a shower after surgery?

A shower can and should be taken 24-48 hours after surgery. It is important to keep surgical areas clean with soap and water.

How soon can I exercise after surgery?

Each surgery has its own restrictions. Walking can begin right after surgery. Please speak with your nurse for the specific recommendations for your procedure.

Are post surgical garments necessary?

Yes. For optimal results, you need to wear post surgical support garments for at least 6 weeks.

Will I need someone to help care for me after surgery?

You will need someone to be with you for the first 24 hours after surgery. After Anesthesia you must have someone to drive you home and stay with you.

How long should I expect to be out of work?

The type of surgery you are having and what you do makes a difference in time off from work. You should plan to take between 3 and 14 days off of work. Breast Augmentation patients are typically back to work in 2 days while more invasive surgeries like Abdominoplasty require 14 days off.

How long will I be sore from the surgery?

This is another aspect of recovery that depends on the surgery you selected. The peak of inflammation is usually 3 days after surgery, at which point swelling and pain will begin to subside.

How long will I be swollen?

Initial swelling will start to subside about 2 weeks after surgery but full healing can take anywhere between 3 and 9 months.

How many follow up appointments will I have?

You will be seen one week post operatively and then again at 2-3 months. Additional appointments will be scheduled as needed.

When can I travel?

Travel is not advised for the first week after surgery. Travel plans should be discussed with your surgeon prior to surgery to ensure your safety.

What can I do to minimize my scars?

Scars are a permanent change to the skin. In Plastic Surgery, we strive to have the “best” scars possible, but there are no truly “scarless” techniques if the skin is cut. Strategies to improve the appearance of scars may include scar massage, protection from UV (sun) exposure and the use of scar management products like silicone gels.