

Body Lift – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk 10 minutes every hour.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared at the six week mark.
- Avoid lifting more than 10 pounds during early recovery.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Care

- Keep incisions clean and dry. Wash with soap and water. Towel dry. Cover with abd pads and garment.
- Avoid direct sun exposure to incisions for at least 6 months.
- Contact the office for fever, increasing pain, redness, or drainage.

Positioning

- Walk slightly flexed at the hips for several days.
- Sleep with hips flexed to reduce incision tension. Use pillows and foam to keep body in flexed position while sleeping.

Compression & Binder

- Wear binder/garment continuously for six weeks as directed.
- After drain removal, we recommend lymphatic massages 2-3x/week for 4 weeks to reduce swelling.

Drains

- Record drain output daily.
- Drains removed when output decreases appropriately.

Expected Recovery

- Swelling and tightness may last 3–6 months.
- Gradual return to activity after clearance.
- You can drive and return to work in 1 week. You can go on road trips in 2 weeks and need to take breaks every 2 hours. You can fly after one month.