

BODY LIFT

POST OPERATIVE CARE

POST-OP:

Take it easy! Restrict your general activity to bed rest for the first night, getting up only to use the restroom with help. Drink plenty of fluids to help rid your body of the anesthetics.

- **1 week follow up:** Will remove any drains.
- **3 week follow up:** Will remove prineo tape and start massage.
- **6 week follow up:** Clear from restrictions, start exercise.

DIET:

Clear liquids or a soft bland diet for the first night home (i.e. soup, apple juice, crackers, and jello). If you are able to tolerate this well, you can resume a normal diet. Please keep in mind to limit salt intake, as this will make you retain more water.

ACTIVITY:

Day after your surgery walk around inside every 2 hours while awake (2-5 mins).

- **week 1:** Mostly resting, getting good nutrition and staying hydrated.
- **week 2:** can start to do minimal activities with periods of rest. You will be able to return to non-strenuous work approximately 2 - 4 weeks after surgery.
- **week 3:** may go back to work and resume most activities that don't cause discomfort.

SHOWER:

No shower until after your one week post op visit. You will have a dressing placed to help promote healing and must be in place for one week. Sponge bath ok. Do not submerge incisions under water until completely healed without scabs (approx. 4-6 weeks).

CLOTHING:

For ease in changing clothes without discomfort, wear loose sporting or jogging type clothing that fastens in the front for the first few days and on the day of surgery.

MEDICATION:

Be sure to take your medications as prescribed. Please note first 3-5 days are the toughest. Swelling and discomfort gradually increase over the first 3 days and then will gradually subside. Don't be alarmed if things feel worse before they get better (for example, day 2 you might feel better than day 4 - that's normal).

PROBLEMS:

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received