



C O U R T N E Y  
P L A S T I C   S U R G E R Y

## **BODY LIFT POST-OP INSTRUCTIONS**

**SCHEDULE** Your first follow up appointments will be 1-week post-op. We will see you again 3-4 weeks post-surgery for a tape removal, 3 months, 6 months, and yearly after that. (This may vary for some patients.)

**ACTIVITY** Take it easy for the first few days following surgery. You want to make sure you get up every 2-3 hours to walk for a few minutes and then return to resting, this helps reduce swelling and lower the chances of developing a blood clot. Avoid lifting, pushing, or pulling anything greater than 10-15lbs for 6 weeks. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 6 weeks. After 6 weeks you may ease back into your normal workout routine. You can resume sexual activity 4 weeks after surgery. **DO NOT** allow yourself to have any problems with constipation.

**MEDICATIONS** Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

**GARMENT** You will be sent home in your 1<sup>st</sup> stage garment. You should wear your garment continuously for 6-8 weeks. We will transition you to the 2<sup>nd</sup> stage garment usually around week 2 post op. It is recommended to take a 1-2-hour max break. Machine wash all garments on cold and hang to dry.

**INCISION** You will have Prineo tape over your incisions that we will remove for you 3-4 weeks post op. Tape should stay clean and dry. All sutures are internal and dissolvable. Inspect daily for any visible signs of infection. Light bleeding from the incisions is normal. Kotex pads/panty liners work great to use as dressings at home. You may start using Biocorneum Scar Therapy after tapes are removed. It takes all incisions about a year to mature. No sun exposure for 12 months.

**BATHING** Your first shower should be 24-36 hours after surgery. Remove white gauze dressing and keep tapes as dry as possible, it is okay if they get a little damp, pat to dry without being too vigorous. No submerging in any water for 8 weeks.

**WHAT TO EXPECT** A moderate amount of discomfort is to be expected. This will improve daily. Moderate amount of swelling is to be expected. Majority of your swelling will subside in the first 6-8 weeks. It is normal to feel winded for a few weeks post-surgery. You will have drainage tubes for 6-10 days. We will remove it for you in the office when output is 20cc or less in a 24hr period for 2 consecutive days. Keep record of the time you empty and your output. **DO NOT** use any hot or cold compresses. Temporary numbness or sensation changes may occur. You may experience sharp pains, nerve tingling, or burning sensations.

**CONCERNS** Look out for excessive swelling, severe bruising, redness, fevers over 100.5, pain not controlled with medications, and excessive bleeding from incisions that is not controlled with light pressure. Don't hesitate to call our office if in doubt.

**SLEEP** Head above heart and with a pillow under knees for the first 2 weeks. No side or sleeping on your stomach for 6 weeks.