

## Journey

### Pre-operative DO's and DONT's

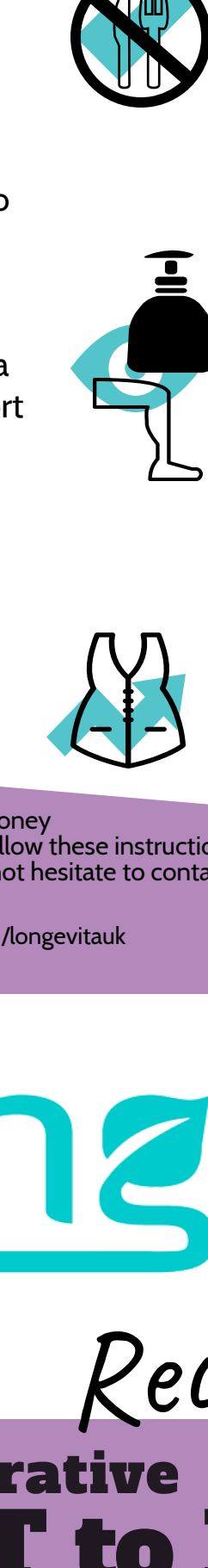
Inform us about your routine medications and any diseases.

Do not eat or drink anything, including water, after midnight the night before your surgery.

The night before surgery, shower and wash the surgical areas with hygienic soap.

Wax or shave your bikini area and legs. It may be uncomfortable to do so in the days immediately after surgery.

Wear only comfortable, loose-fitting clothing that button or zips in the front.



Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.

Stop smoking for 2 weeks before the surgery, and avoid alcohol consumption one week prior to the surgery.

Do not wear make-up, moisturizers, creams, lotions on the day your procedure is scheduled.

Do not wear jewelry, contact lenses and remove any piercings on the day of the procedure.



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## Recovery Timetable

### Post-Operative WHAT to EXPECT?

**Day 1**  
Return to hotel.  
Expect some bruising and mild swelling.

**Day 2-3**  
Attend check-up appointment!  
Aching, throbbing.  
Take a shower or bathe.



**Day 5-14**  
Expect maximum bruising and swelling.

**Week 2-4**  
Wear elastic garment for 6-8 weeks. (Please consult to your surgeon during the check up)

**1 YEAR**  
ENJOY YOUR FINAL RESULT!



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## Expected Discomfort

### Post-Operative WHAT to EXPECT?

**Itching**  
Itching of the treated areas several days after surgery may occur as part of the normal healing process.

**Small Bumps**  
It is not unusual during the healing phase, to note some irregularities under the skin.

These small bumps under the skin are present because your body is sending inflammatory cells to the area to get rid of residual damaged fat cells. For every fat cell that we remove during liposuction, we injure a few more.

This is a beneficial effect because your body will gradually healing.

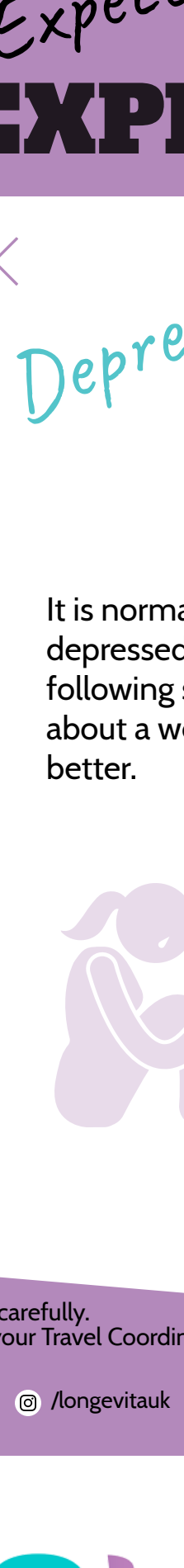


**Dizziness & Fainting**  
Patients may experience a brief sensation of dizziness the morning after surgery. Feeling lightheaded is similar to what you might experience when standing-up too quickly.

Should dizziness occur, simply sit or lie down until it passes.

**Pain**  
There will be a mild to moderate amount of pain and discomfort associated with the surgery.

This should be easily controlled with oral medications.



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## Expected Discomfort

### Post-Operative WHAT to EXPECT?

**Numbness**  
You may notice some numbness in the area from which fat was removed.

This is because the surgery often causes a temporary disruption of the small nerve fibres going through the fat to reach the skin surface.

**Inflammation & Swelling**  
Inflammation, swelling, and soreness are expected consequences of liposuction. Bruising and swelling are to be expected right after this surgery.

These symptoms will peak 36 to 48 hours after surgery and will gradually subside over 10 to 14 days.



**Depression**  
It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but generally, after about a week, you should begin to feel better.



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## Personel Care

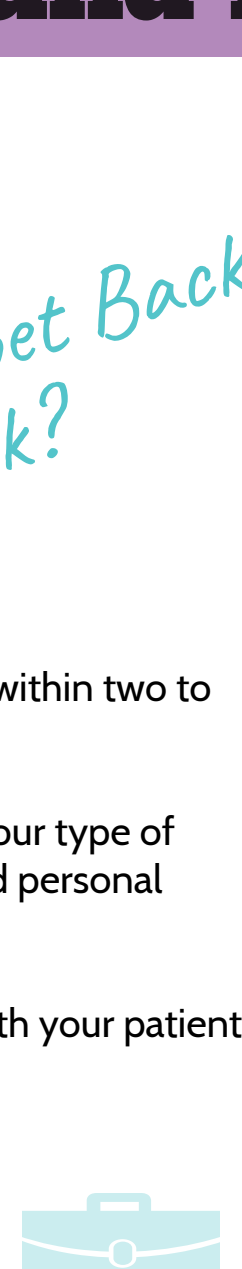
### Post-Operative DO's and DONT's

You must wear the recommended support garments for a minimum of 6-8 weeks, day and night unless otherwise instructed.

Please avoid drinking alcohol while using the pain medications and antibiotics.

If you are a smoker, you should not smoke for at least 2 weeks after surgery.

Smoking and chewing tobacco inhibit your circulation and can significantly compromise your surgical outcome.



**Activities**  
Driving and flying are permitted after 2-3 weeks.

Tennis, jogging, aerobics and other vigorous sports may be resumed approximately 6 weeks after surgery.

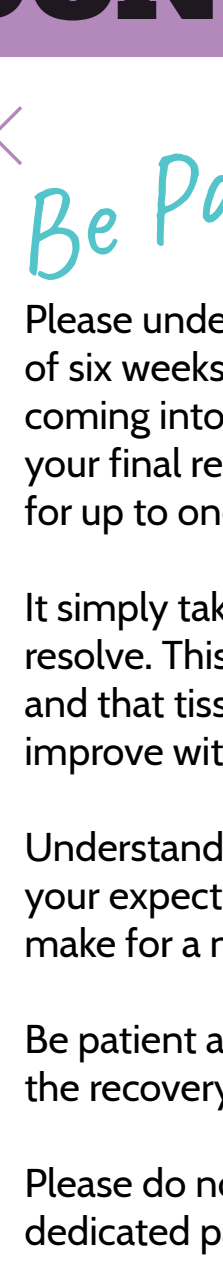
Avoid vigorous exercise and significant physical exertion for a minimum of one month after your surgery.

Not participate in any contact sports until approved by your patient relations specialist.

Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.

Easy swimming is permitted one month after surgery.

No sexual activities for 1 month.



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## Personel Care

### Post-Operative DO's and DONT's

Minimize sun exposure to the surgical areas for at least 12 months.

Always use a sunscreen with a high SPF when going out in the sun.

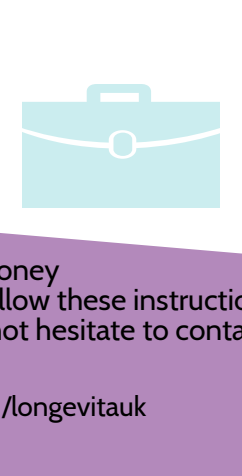
You may start driving 2-3 weeks after the surgery.

Please discuss it with your patient relations specialist.

**Eat Healthy**  
Please continue to drink several glasses of water per day after surgery.

Fluids are especially encouraged for the first few days.

Light meals are preferable after general anesthesia.

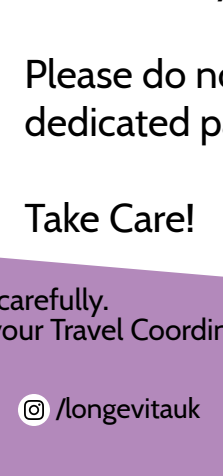


**Massage**  
It is important after surgery to lightly massage to the areas that have been liposuction although it is difficult when bruising is present.

Try to massage lightly after 1-2 weeks.

DO NOT shower in water temperatures too hot or cold. Try to keep the warm temperature.

Keep your time in the shower as a minimum as your body continues to adjust.



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## Be Patient for A Great Result!

### Post-Operative DO's and DONT's

**When Can I Get Back to Work?**

Most people return to work within two to four weeks.

Return to work varies with your type of work, your overall health and personal preferences.

Discuss returning to work with your patient relations specialist.



**Be Patient!**  
Please understand that it takes a minimum of six weeks to see the results of surgery coming into final form and, in many cases, your final results will not be fully realized for up to one year after surgery.

It simply takes time for the swelling to resolve. This means that time is your ally and that tissues and scars will likely improve with time.

Understanding this now will help temper your expectations, hone your patience and make for a more pleasurable recovery.

Be patient and don't worry, this is all part of the recovery process.

Please do not ever hesitate to contact your dedicated patient relations specialist.

Take Care!



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