

Cosmetic Journey

DO's and DONT's

Inform your surgeon 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.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your consultation appointment.

Recovery Timetable

WHAT to EXPECT?

Day 1

Return to hotel.

Expect some swelling, bruising and mild discomfort.

Day 2-4

Attend check-up appointment!

You can remove your tape and take a shower.

Day 5-14

Expect maximum bruising and swelling.

Week 2-4

Much of the swelling has begun to go away. (once you have completed your first month)

1 YEAR

ENJOY YOUR FINAL RESULT!

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Expected Discomfort

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

Like with any surgical procedure, you can expect some pain and discomfort during your initial recovery period as your tissue begins to heal.

There is a very good chance that you have extensive bruising and swelling in the areas where the fat cells were taken from, and in the area where they were injected. This pain can be managed with prescribed painkillers.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Expected Discomfort

WHAT to EXPECT?

Numbness

You may feel numbness in your surgical areas for months or even years. It's normal to have bruises as well. You may have fluid-filled swelling above the scar, but this will go away. Your scar may be red and raised, but it will eventually fade.

Inflammation & Swelling

It's normal to have swelling in the surgical area for about six weeks. In some cases, swelling might take up to three months to resolve.

Depression

It's 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.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Personal Care

DO's and DONT's

Keep access sites clean, dry and inspect daily for signs of infection.

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

You shouldn't do any heavy exercise or strenuous activity for at least a month after the procedure.

After a full week of recovery, walking is greatly encouraged.

Walking will improve your blood circulation, speed your healing, and might even improve your results!

- Do not engage in sexual intercourse for 1 month.
- Do not drive for three weeks.
- Do not swim for four weeks.

It is really important do exercise once you have completed your first month.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Personal Care

DO's and DONT's

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

You need to conform to a high fat, high calorie diet for 3 months following the BBL procedure. This type of diet is necessary in order to maintain the fullness and volume of your buttocks. Eating a diet high in fat and calories is also vital in providing nourishment to the newly transferred fat cells.

Sitting & Sleeping

The most important aspect of recovering from the procedure is the avoidance of pressure on the buttocks before it's fully healed.

Any pressure applied to the recipient area of the fat graft will limit blood circulation which could injure the fat grafts before they incorporate and become stable.

Do not sit, bend over, or lay on your back until cleared by your surgeon.

Instead, you should remain standing or rest by lying on their sides or stomach.

If you absolutely must sit, it is advised to use a pillow for your comfort.

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.

Be Patient for A Great Result

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 surgeon.

Be Patient

For the first few weeks after surgery, your initial results will be completely masked by swelling caused by tissue damage.

Even after the swelling goes down, it can take upwards of six months to see your final results.

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

Please do not ever hesitate to make an aftercare enquiry.

Take Care!

These guidelines have been prepared by Prof. Dr. Fuat Yuksel, an independent, board-certified plastic surgeon. Please be aware that clinical recommendations may vary between patients and surgeons. Your surgeon will provide personalised instructions during your check-up appointment.