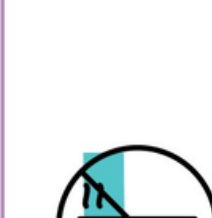


Cosmetic Journey

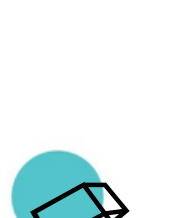
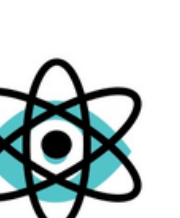
DO's and DONT's

Inform your surgeon about your routine medications and any diseases.



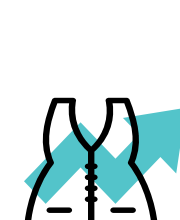
Do not take Aspirin, Alieve, or Ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully.

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



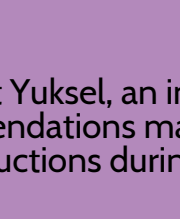
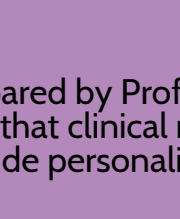
Stop smoking for 2 weeks before the surgery, and avoid alcohol consumption one week prior to the surgery.

Make sure that you have filled the prescriptions you were given and set the medications out to bring with you to the hospital.



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

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



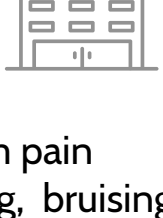
Do not wear jewelry, contact lenses and remove any piercings and nail extensions on the day of the procedure.

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Recovery Timetable

WHAT to EXPECT?

Day 1 Return to hotel.



Expect maximum pain, soreness, swelling, bruising and mild discomfort.

Day 5-14

Stitches will be dissolved themselves between weeks to month.

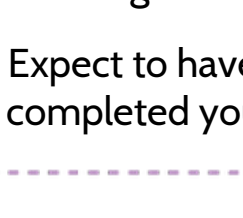


Day 2-4



Attend check-up appointment!

Dressing will be changed by your surgeon.



Week 2-4

Swelling has begun to go away.

Expect to have swelling until you have completed your third months.



1 YEAR

ENJOY YOUR FINAL RESULT!

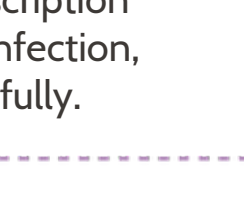


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Expected Discomfort

WHAT to EXPECT?

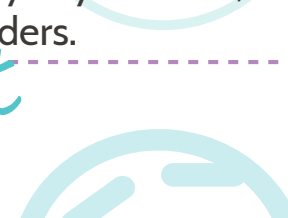
Wound Infection



You will receive a prescription antibiotic to prevent infection, please take them carefully.

Cramps

You will receive a pain killer which can relieve muscle-related discomfort, especially in your back, neck, chest, or shoulders.



Discomfort

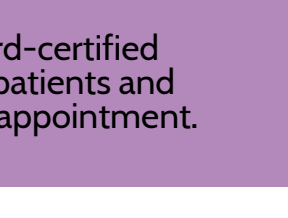
Typical discomforts following breast surgery may include:

- Mild sore throat
- Thirst
- Constipation and gas (flatulence)
- Sleeplessness and restlessness



Sensitive Breasts

You may not have normal sensation in the nipples.



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Personal Care

DO's and DONT's

Avoid strenuous activity, heavy lifting and vigorous exercise until the stitches are removed.

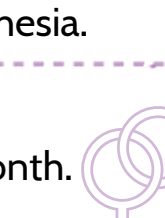


Please avoid drinking alcohol while using the pain medications.

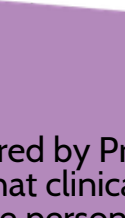
Take short and frequent walks. Slowly increase the length of the walks as you feel up to it. Listen to your body and remember you need rest to heal.



Sleep on your back, not your stomach or sides, for many weeks.



You may resume your regular diet as soon as you can take fluids after recovering from anesthesia.



No sexual activities for a month.



On the second day following surgery, you may remove your bandage, but not the steri-strip bandages along the incision.



At this time you may shower, carefully patting dry the bandages. No baths, hot tubs, or swimming will be allowed for many weeks.

If you had implants, you may start to make a daily massage once you completed your first month.



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Personal Care

DO's and DONT's

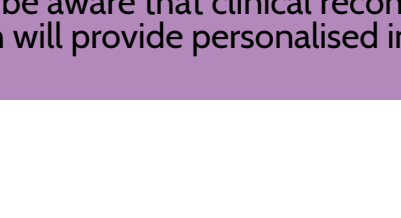
If you are a smoker, you should not smoke for at least 2 weeks after surgery.



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

You should do no vigorous exercise and should avoid any significant physical exertion, lifting or straining for a minimum 6 weeks after your surgery.

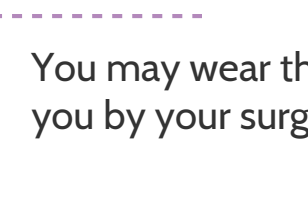
Generally, plan on taking it easy. Although your breast will not feel painful while healing, it is still susceptible to injury.



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 3-4 weeks after the surgery. Please discuss it with your surgeon.



You may wear the bra that is given you by your surgeon for 1 month.



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Be Patient for A Great Result

DO's and DONT's

When Can I Get Back to Work?

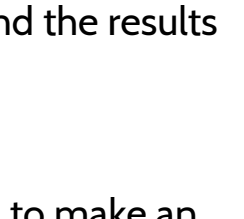
Most people return to work within two to four weeks.

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

Discuss returning to work with your surgeon.



Be Patient!



The healing time for breast surgery is often less than expected and the results are worth to wait!

Please do not ever hesitate to make an aftercare enquiry.

Take Care!



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