

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.

Please arrange a friend or a family member to accompany you during your procedure in Turkey.

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 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 2-6
Wear supportive elastic garment at all times for the first 6 weeks, unless showering.

1 YEAR
ENJOY YOUR FINAL RESULT!

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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.

Dizziness & Fainting
Patients may experience a brief sensation of dizziness the morning after surgery, when the garments are first removed in order to take a shower.

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
You'll likely feel moderate pain, which will be controlled by pain medications.

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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 layer to reach the skin surface.

Swelling, Numbness & Bleeding
You will have some swelling, bruising, drainage, numbness and slight bleeding.

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

Depression
It is normal to feel a bit anxious or depressed in the days or weeks following surgery; but generally, after about 2 weeks, you should begin to feel better.

Scar
Scarring is the most common postoperative longterm issue which may be associated with keloid, hypertrophic scarring, hypopigmentation and wide spread scars. **Please keep your surgical area dry and clean.**

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Personal Care

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
You may walk around a little bit to help promote blood circulation. This will help you heal faster, but don't do this alone, as your balance and strength could be compromised.

Avoid lifting, pushing, or pulling objects for six weeks.

No swimming pool or sauna for 6 weeks.

Because of the nature of the surgery, you may find it difficult to stand up straight for several weeks post-op. Please limit movement of the area around your incision to avoid putting strain on it and causing the wound open.

The tightness will gradually soften as you heal and start to use your abdominal muscles.

No sexual activities for 1 month.

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Minimize sun exposure to the surgical areas for at least 12 months. Always use a sunscreen with high SPF when going out in the sun.

You may start driving 2-3 weeks after the surgery.
Please discuss it with your surgeon.

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 surgical area.

Try to massage lightly once you have completed your first month. (with bio oil)

You may take a shower 48 hours after your surgery.

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

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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
You should expect to play a large role in your recovery.

There's a lot to consider as far as tummy tuck recovery goes, but all of it is attainable and manageable.

It just requires that you consider and plan for all aspects of this healing process, including the time frame.

It's a slow process, so focus on getting better each day as you move toward your intended goal of full recovery.

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!

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