



BeautyLand
PLASTIC SURGERY

POST OP INSTRUCTIONS

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TRIPLE BOARD CERTIFIED PLASTIC SURGEON

Recovering from plastic surgery is a process, and it's essential to be patient and take care of your post-op needs.

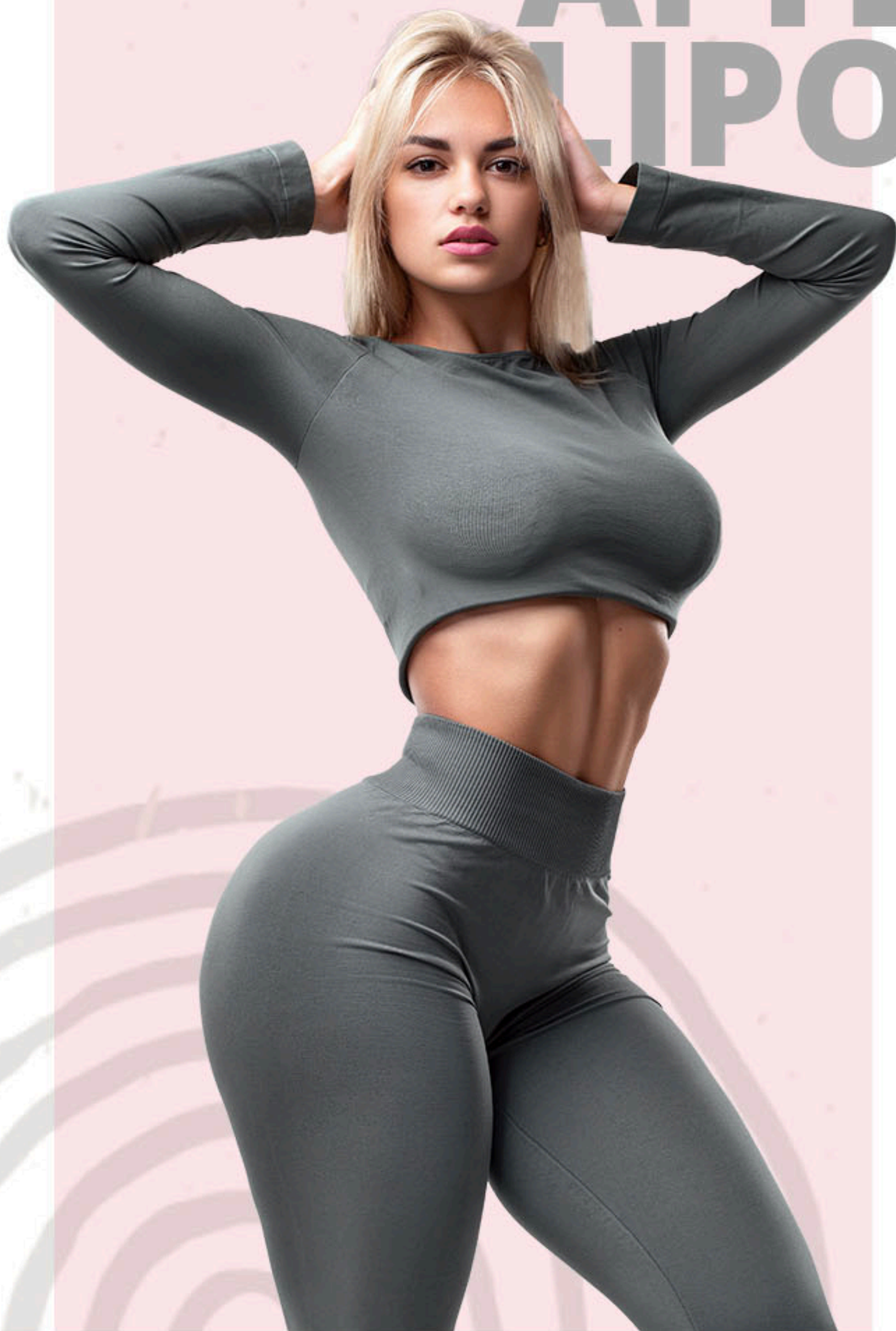
Although it's normal to experience some discomfort and swelling following your plastic surgery, there are some tips you can follow to have a smooth experience and ensure the best results.



GENERAL INSTRUCTIONS

- Be ready to take time off from work. You may take a few days off work to recover after plastic surgery. This downtime can help minimize the risk of post-surgical complications.
- Get your support team ready. The first few days after surgery, you may experience pain and swelling. It will be helpful to have someone to take care of you.
- It is crucial that you follow the schedule of appointments we establish after surgery.
- Stay hydrated and consume plenty of fluids.
- Get plenty of rest and follow a balanced diet, with increased protein.
- Take oral pain medication and all antibiotics as prescribed.

AFTER A LIPOSUCTION



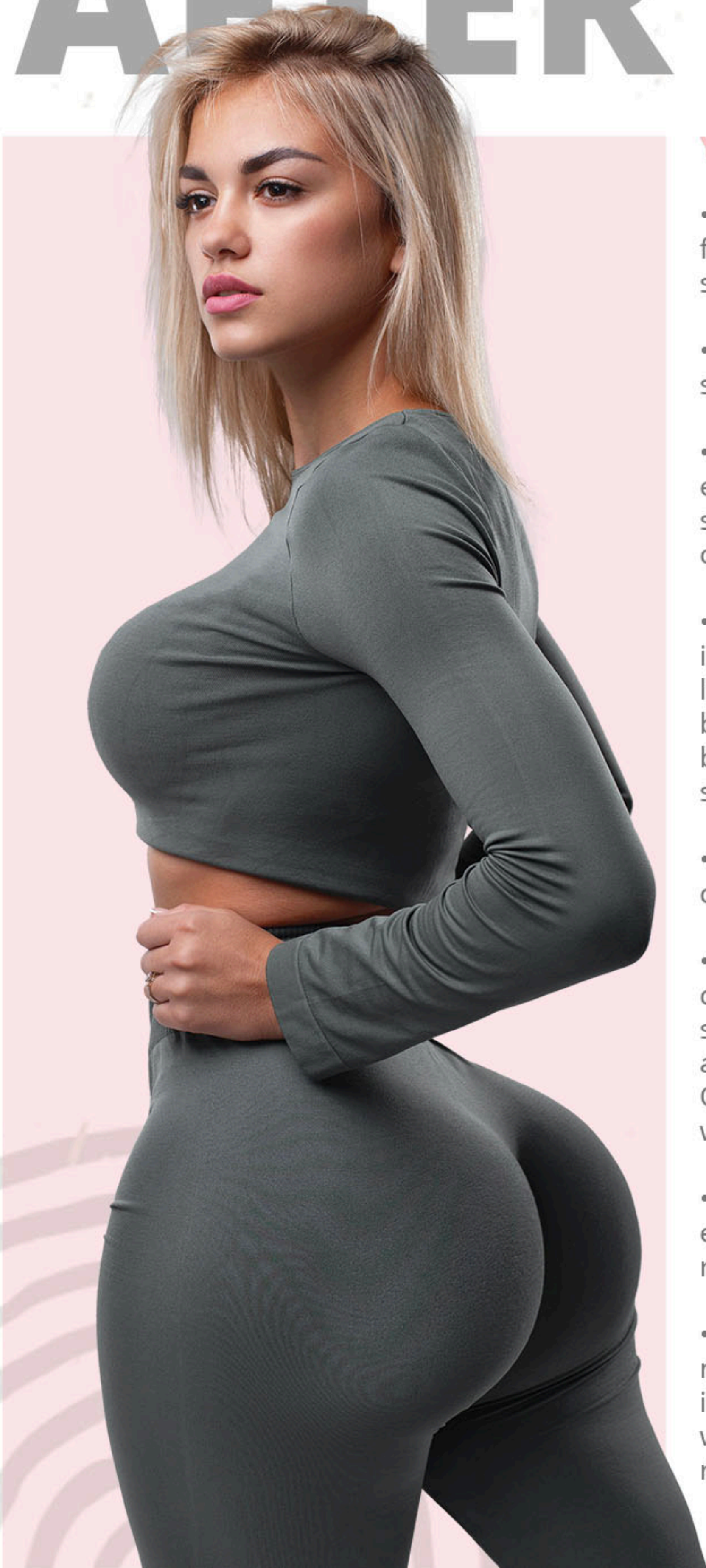
POST-OPERATIVE INSTRUCTIONS FOR LIPOSUCTION

- Walk for 10 to 15 minutes every 2 hours.
- Do not soak in the tub, jacuzzi, sauna, pool, or beach for three weeks following the procedure.
- Don't smoke. Smoking may cause wound healing problems. No smoking is allowed four weeks before and six weeks after surgery.
- You should not have sexual activity for at least 4-6 weeks following surgery.
- Avoid direct sun exposure to the suctioned sites for several weeks after surgery.
- You can return to non-strenuous work within 3-7 days after surgery.
- Return to strenuous activities in 3-4 weeks.
- Do not lift more than 5 pounds for the first six weeks.
- Wear compression socks for at least two weeks.
- It is highly recommended the patient receives at least five massages after surgery. The more massages, the better results you will see.
- After the second massage, start using foam and board for eight weeks.
- Wear the garment for three months, and change to a smaller garment when necessary.
- If you take regular medications, ask your surgeon when it is safe to resume taking them.

YOU CAN EXPECT

- Clear and bloody drainage from the incisions for the first few days, in a very high volume.
- Moderate discomfort, which should be improved with pain medications.
- Moderate swelling of the area.
- Bruising around the area.
- Sutures are dissolvable and do not need to be removed. If you have a dressing on incisions, that can be removed in 72 hours.

AFTER A BBL



YOU CAN EXPECT THE FOLLOWING

- Clear and bloody drainage from the incisions for the first few days. Drainage may be significant for 72 hours and will dissipate.
- Mild to moderate pain in liposuctioned areas should be improved with pain medications.
- Moderate swelling of the area. Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest and compression garments.
- Bruising around the area. The bruising can be impressive depending on the extent of liposuction and fat transfer performed. Most bruises will heal after about 2-3 weeks. The bruise will go from purplish to yellow/green as it starts to resolve.
- Itching at the incision sites is normal for a few days.
- Asymmetries: Areas of the body may heal at different rates. This means that bruising, swelling, and discomfort may not be uniform and could be more significant in some areas. Once the body has healed, these asymmetries will even out.
- Sutures are dissolvable and do not need to be removed. If you have a dressing on incisions, that can be removed in 72 hours.
- Sensory Changes in your skin. You may notice numbness or tingling sensation around your incision sites and throughout the affected areas, which is normal. You can expect a return to the normal sensation after a few months.



POST-OPERATIVE INSTRUCTIONS FOR BBL

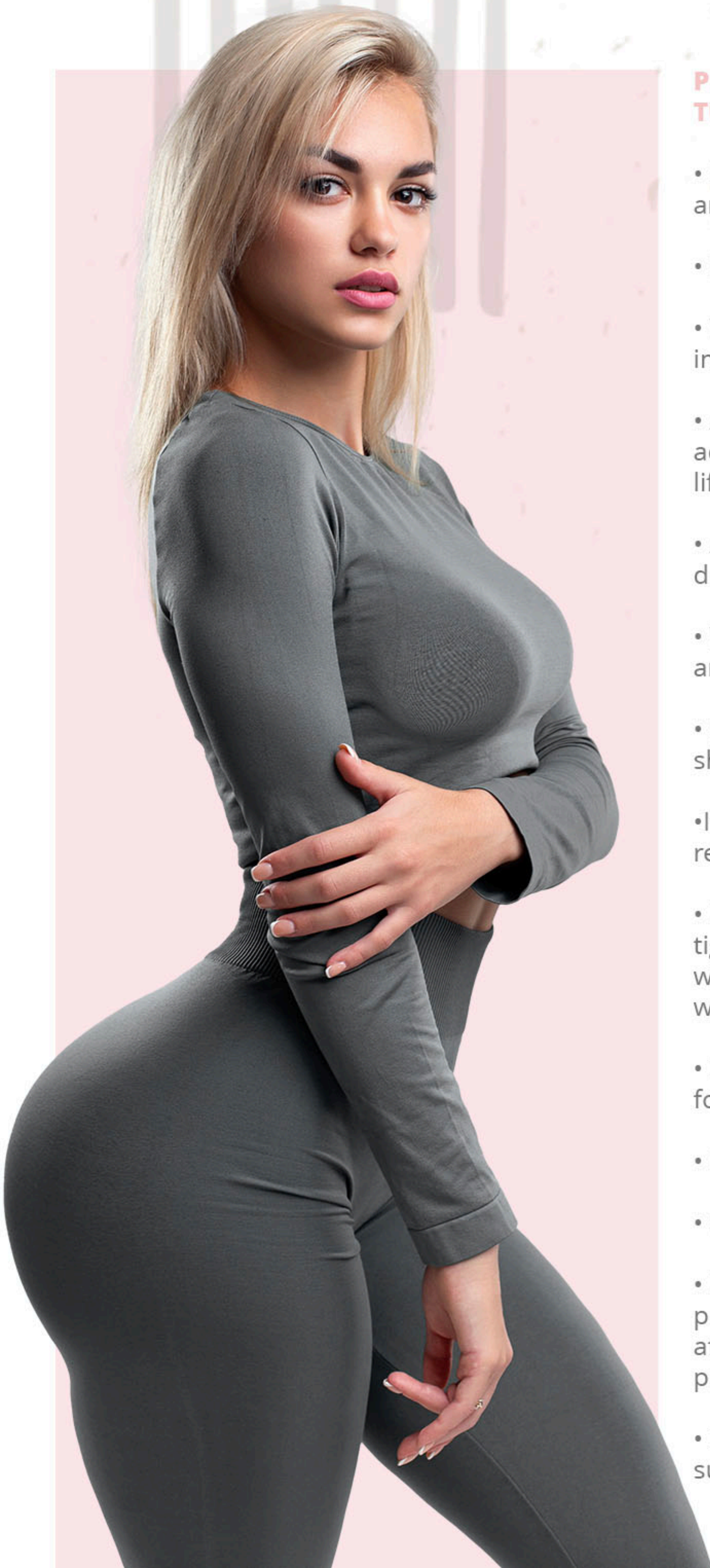
- Walk for 10 to 15 minutes every 2 hours.
- Sleep on the stomach, do not lay or sit on the buttocks.
- Do not soak in the tub, jacuzzi, sauna, pool, or beach for three weeks following the procedure.
- Don't smoke. Smoking may cause wound healing problems. No smoking is allowed four weeks before and twelve weeks after surgery.
- For the first twelve weeks, you will need to sleep on your stomach and either lie this way or stand for all activities except using the toilet.
- Avoid strenuous activities/physical exercise for about a week after your surgery. You may resume normal activities gradually. Be as active as you can. Lying in bed all day is not recommended.
- Most patients require approximately 1-2 weeks off work depending on their responsibilities. Returning to work with a light or part-time schedule can also be beneficial.
- Do not lift more than 5 pounds for the first six weeks.
- You should not have sexual activity for at least 4-6 weeks following surgery.
- Wear compression socks at least 14 days.
- Avoid direct sun exposure to the suctioned sites for several weeks after surgery.
- It is highly recommended the patient receives at least five massages after surgery. The more massages, the better results you will see.
- After the second massage, start using foam and board at all times for eight weeks. It is OK to remove it to shower. Each patient requires personalized postoperative care, but at a minimum, everyone should wear the garment for three months. Change to a smaller garment when necessary. Also, make sure garment is flush with skin; avoid any ridges/ creases in garment.
- After three weeks, you can sit on your BBL pillow. After twelve weeks post-op, you can sit directly on your buttocks.
- If you take regular medications, ask your surgeon when it is safe to resume taking them.

AFTER A TUMMY TUCK



YOU CAN EXPECT THE FOLLOWING

- Clear and bloody drainage from the incisions for the first few days. Drainage may be significant for 12-48 hours and will dissipate.
- Mild to moderate pain in liposuctioned areas should be relieved with pain medications.
- Moderate swelling of the area. Swelling is to be expected for weeks and sometimes months. The swelling can improve with intermittent rest and compression garments.
- Bruising around the area. The bruising can be impressive depending on the extent of liposuction and fat transfer performed. Most bruises will heal after about 2-3 weeks. The bruise will go from purplish to yellow/green as it starts to resolve.
- Itching at the incision sites is normal for a few days.
- Asymmetries: Areas of the body may heal at different rates. This means that bruising, swelling, and discomfort may not be uniform and could be more significant in some areas. Once the body has healed, these asymmetries will even out.
- Sutures are dissolvable and do not need to be removed. If you have a dressing on incisions, that can be removed in 72 hours, except the brown tape.
- Sensory Changes in your skin. You may notice numbness or tingling around your incision sites and throughout the affected areas, which is normal. You can expect a return to the normal sensation after a few months.



POST-OPERATIVE INSTRUCTIONS FOR TUMMY TUCK

- Sleep in a semi-sitting position at a 45-degree angle for the first two weeks.
- Do not walk straight for two weeks.
- Walk 10 to 15 minutes every 2 hours to improve blood circulation.
- Avoid abdominal exercises and strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, for 6 to 8 weeks.
- Avoid getting the tape wet; if it does get wet, dry it well with an air dryer on cold.
- Wash the belly button with water and antibacterial soap.
- Remove the tape after 14 days. You may shower on day 3.
- If the incision is covered with glue, wait five days for a regular bath.
- Do not wear a faja; use only a binder (not too tight). The massages, garment, foam, and board will start to be used four weeks after surgery when the wound is completely healed.
- Do not smoke or be in contact with smokers for eight weeks after surgery.
- Maintain a healthy diet.
- Use your medications as prescribed.
- Depending on their job responsibilities, most people can return to work about 2 to 3 weeks after surgery. Returning to work with a light or part-time schedule can also be beneficial.
- If you take regular medications, ask your surgeon when it is safe to resume taking them.

AFTER A BREAST ENHANCEMENT



YOU CAN EXPECT THE FOLLOWING

- Moderate discomfort, which should be relieved with pain medications. Most of the higher discomfort will subside after the first few days.
- Temporary soreness, bruising, swelling, and tightness in the breasts.
- Some bloody or clear drainage on dressings for the first week after surgery.
- Random, shooting pains, tingling, or other strange sensations in the skin for a few months. These will subside.
- Changes in nipple sensation. This should resolve.
- If you got implants, they may appear higher in position, firm, and uneven due to swelling during the healing process. After 3-6 months, the implants should show a final result with significantly reduced swelling.
- Asymmetry: breasts may look or feel quite different from one another in the days following surgery. This is normal and should resolve.



POST-OPERATIVE INSTRUCTIONS FOR BREAST ENHANCEMENT

- For the first few days following surgery, you should try to restrict your arm movements. Move your arms slowly to avoid sudden jerky movements of the chest and breast area. Try to keep your arms as close to your body as possible.
- Avoid rigorous movement and do not lift more than 5 pounds for the first eight weeks.
- Do not smoke or be in contact with smokers for eight weeks after surgery.
- Avoid getting the tape wet; if it gets wet dry it well with an air dryer on cold.
- Start walking as soon as possible; this helps to reduce swelling and lowers the chance of blood clots.
- Only wear a surgical or sports bra with a front closure for the first eight weeks. That does not push the implants up.
- Wait to drive until you have a full range of motion with your arms.
- Sexual activity can be resumed when you feel ready with no restrictions. Incisions should be well-healed. Patients typically feel prepared after one month.
- Generally speaking, after two months, most patients are fully cleared to resume all normal activities.

CALL 911 OR VISIT YOUR NEAREST EMERGENCY ROOM IF YOU EXPERIENCE

- Severe pain not relieved by pain medications.
- Increased swelling of the area that is not decreasing.
- Excessive drainage or heavy bleeding.
- Pus draining from the incision.
- Loose stitches or your incision comes open.
- A fever greater than 101 °F.
- Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

REMEMBER

That each surgery and patient is different, so be sure to follow any other specific instructions provided by your surgeon after the surgery. If you have any questions or concerns, don't hesitate to contact us. We're here to help you through every step of the process!

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If you have any questions
about Post-Op please call
the phone number below.

(786) 866-5424

