
BODYLIFT

Edina Plastic Surgery, Ltd.

Immediate Postoperative Care

- Sleep at a 30° angle or less not to pull on the incisions. Use pillows to slightly elevate the head and legs. Do not apply pressure to your buttock if you had a lipotransfer. Sit at a 90° angle only briefly (car ride home, toilet, etc until instructed by your physician).
- You should get up and walk around your home for brief intervals, have assistance when standing and walking.
- Do not exercise. Limit straining, lifting, and other rigorous activities for 3-4 weeks or as instructed by your physician.
- Do not drive a car or operative heavy machinery for 5-7 days.
- Document the output of your drains on the provided Home Care of Jackson Pratt Drains form.
- If you went home with a foley catheter, it may be removed in 24-48 hours. See the Foley Catheter Care form for more instructions.
- Your compression garment must remain on for the first 48-72 hours, keep it clean and dry.
- Your first shower will be in 2-5 days (no baths). Sponge bathe only until your first shower.
- Eat light bland meals for the first few days. Avoid spicy, acidic, greasy, and fried foods which may upset your stomach after anesthesia.
- Take your pain meds with food to avoid upset stomach/nausea sometimes experienced with narcotics. If you experience any itching, hives, rash, headache or nausea after taking any of your medications, you may be having an allergic reaction to one of them. If this occurs, please call our office and we will change your prescription.

First Shower

- Have someone available for assistance during your first shower as you may feel faint or dizzy when first getting up without the garment.
- When removing the compression garment or binder, remain lying down for ½ hour before attempting to rise. This will allow your blood pressure to stabilize with the garment/binder off. After ½ hour, sit on the edge of the bed for a few minutes, and then stand for a few minutes prior to walking into the bathroom. The key is to go slow.
- If you have steri-strips covering your sutures, leave these on while showering. After showering or bathing, apply Bacitracin ointment to any incisions not covered with tape if instructed by your physician. Do not remove any steri-strips or sutures.
- Replace your compression garment and wear continuously for as long as your physician has instructed (for an average of 4-6 weeks). Keep gauze/pads over incisions the first 5-7 days.

While Recovering

- Swelling and some bruising may persist for 4-6 weeks while healing, and small amounts of swelling can remain for up to 6 months.
- Some decreased sensation may be experienced for 3-6 months.
- Slight irregularities in the scar are part of the normal healing process.
- Do not use heating pads, hot tubs or sit in a tanning bed without first consulting your physician. Do not swim in a pool, lake or ocean until incisions have completely healed.
- Following surgery, your body will need fluid replacement. Attempt to increase your water intake, especially while taking your prescribed pain medication(s).