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HOME CARE AFTER BODY CONTOURING

PLEASE FOLLOW THESE INSTRUCTIONS IN ADDITION TO THOSE LISTED ON THE **GENERAL HOME CARE AFTER PLASTIC SURGERY** SHEET YOU RECEIVED.

- **THIGH**

- THE DOCTOR WILL REMOVE YOUR DRESSING AT YOUR FIRST VISIT AFTER YOUR OPERATION.
- IF YOU HAVE A DRAIN IN PLACE, EMPTY IT AS INSTRUCTED. RECORD THE AMOUNT OF DRAINAGE AND REAPPLY THE SUCTION 3 TIMES A DAY.
- SPONGE BATHE DAILY UNTIL THE DRAIN IS REMOVED, THEN YOU CAN SHOWER OR BATHE.
- AFTER THE DRESSING IS REMOVED, WASH YOUR WOUND WITH SOAP AND WATER AND PAT IT DRY ONCE A DAY. USE AN ACE WRAP TO GENTLY COMPRESS THE SURGICAL AREA. EXPECT SOME SWELLING, ESPECIALLY IN THE AREA BEYOND THE ACE WRAP. IF THIS AREA BECOMES NUMB, TINGLING, OR COLD, REMOVE THE ACE WRAP AND RE-WRAP IT SO IT IS NOT AS TIGHT. RAISE YOUR THIGH BY PLACING YOUR LEG ON A STOOL AND/OR PILLOWS.
- NON-STRENUOUS WALKING IS ALLOWED. DO NOT START EXERCISING UNTIL YOU HAVE DISCUSSED THIS WITH YOUR DOCTOR.

- **ARM**

- THE DOCTOR WILL REMOVE YOUR DRESSING AT YOUR FIRST VISIT AFTER YOUR OPERATION.
- IF YOU HAVE A DRAIN IN PLACE, EMPTY IT AS INSTRUCTED. RECORD THE AMOUNT OF DRAINAGE AND REAPPLY THE SUCTION 3 TIMES A DAY.
- SPONGE BATHE DAILY UNTIL THE DRAIN IS REMOVED, THEN YOU CAN SHOWER OR BATHE.
- AFTER THE DRESSING IS REMOVED, WASH YOUR WOUND WITH SOAP AND WATER AND PAT IT DRY ONCE A DAY. COVER THE AREA WITH A LIGHT DRY DRESSING.
- DO NOT PUT ANY TOPICAL MEDICINE ON THE INCISION.
- USE AN ACE WRAP TO GENTLY COMPRESS THE SURGICAL AREA. EXPECT SOME SWELLING, ESPECIALLY IN THE AREA BEYOND THE ACE WRAP. IF THIS AREA BECOMES NUMB, TINGLING, OR COLD, REMOVE THE ACE WRAP AND RE-WRAP IT SO IT IS NOT AS TIGHT. RAISE YOUR ARM ABOVE THE LEVEL OF YOUR HEART.
- DO NOT LIFT ANYTHING HEAVIER THAN ONE GALLON OF MILK FOR A WEEK.
- YOU MAY HAVE SOME BRUISING AND PAIN.

- **BUTTOCK**

- THE DOCTOR WILL REMOVE YOUR DRESSING AT YOUR FIRST VISIT AFTER YOUR OPERATION. IF YOU HAVE A DRAIN IN PLACE, EMPTY IT AS INSTRUCTED. RECORD THE AMOUNT OF DRAINAGE AND REAPPLY THE SUCTION 3 TIMES A DAY.
- SPONGE BATHE DAILY UNTIL THE DRAIN IS REMOVED, THEN YOU CAN SHOWER OR BATHE.
- AFTER THE DRESSING IS REMOVED, WASH YOUR WOUND WITH SOAP AND WATER AND PAT IT DRY ONCE A DAY.
- EXPECT SOME SWELLING, ESPECIALLY IN THE AREA BEYOND THE ACE WRAP. IF THIS AREA BECOMES, NUMB, TINGLING, OR COLD, REMOVE THE ACE WRAP AND RE-WRAP IT SO IT IS NOT AS TIGHT.
- LAY, STAND OR RECLINE, BUT **DO NOT** SIT UPRIGHT UNTIL YOU SEE THE DOCTOR.