



BODY LIFT POST-OPERATIVE INSTRUCTIONS

1. Drains placed during surgery are removed individually from 1 – 4 weeks post-op, please keep a record of drainage amounts.
2. Take short walks to promote good circulation.
3. No straining, lifting or bending for at least 2 – 3 weeks.
4. No Aspirin or Ibuprofen for the first 5 days after surgery.
5. May resume non-strenuous activity in 1 – 3 weeks and exercise in 4 – 6 weeks.
6. You may experience swelling and bruising, this can take several weeks (bruising) to several months (swelling) to fully resolve.
7. Take your medication as prescribed; this may include an antibiotic, an anti-inflammatory and medication for pain.
8. Increase fluid intake to avoid constipation, may use mild laxative or stool softener if needed.
9. Numbness and decreased sensation may persist for several weeks or months.
10. Your incisions will be red at first, then pink after a few weeks and may remain this way for many months following surgery. It can take 9 months to a year before scars flatten out and lighten up.
11. Keep a record of the drainage amounts and report this to Dr. Westawski

1st Post-Operative Appointment _____