

REMINDERS FOR AFTER YOUR SURGERY

SPORTS BRA- needs to be worn for 2 weeks (at night too). After two weeks, you may wear any kind of bra you'd like. Support is always better, because gravity always wins!

PAIN MEDS- should be taken as directed for the first 24-48 hours. You can start incorporating Ibuprofen after that. (2-4 200mg pills every 4-6 hours WITH FOOD)

GARMENTS- you should be wearing your garment for 6-8 weeks after your surgery. It is okay to wash your garment but make sure to put it back on after it is dry.

ICING- this is to help swelling and also make you feel comfortable. You should ice on and off for the first 24-48 hours but after that, it is up to you whether or not you choose to keep icing, whatever is most comfortable for you! DO NOT use heating pads, as after your surgery your skin and nerves are more sensitive, you could burn yourself and not know it.

SLEEPING- you may sleep however is comfortable for you, however for the first 1-2 weeks, we recommend sleeping slightly elevated; this will help eliminate swelling. Use pillows, blankets, your cat and/or dog to help keep you comfortable when you sleep.

DRAINS- this is everyone's *favorite* part of surgery ;) But seriously, these foreign objects hanging from your body are never fun but they are so important in the healing process. Make sure to document the amount of cc's being drained each time. In order for the drains to be removed, we need no more than 25 cc's drained in a 24-hour period. This does not mean you should limit any activity the day before drains are to be removed so you can get below 25 cc's! Lack of activity may get you down to 25cc's and inevitably get your drains out-but when you up your activity level again, your body will release more fluid, thus leading to fluid staying in your body instead of draining out-ah ha! We want you to get up and walk around, just no strenuous activity.

ACTIVITY- the first two weeks of any surgery are the most crucial in recovery. You may slowly pick up your activity level. Listen to your body- it will let you know if you worked it a little too much. Keep in mind, picking up your activity level may lead to some soreness and swelling at first. This is normal and is nothing to worry about. If you are sore, take it down a notch the next day, if you are in pain; keep your activity level very low for the next couple of days, rest, etc. You get the picture ☺

REMINDER- It takes up to a whole year for your body to fully recover- not every inch of your body is going to look like a Victoria's Secret model just yet! Your incisions will fade, your breasts will settle in, your tightness will subside, etc. Take it day-by-day, week-by-week, and month-by-month. You'll start to settle in and your body will start to accept the new and/or in some cases, the "old" you! ;)

As always, Jill is in the office Monday through Friday to take your calls/emails and answer any questions/ concerns you may have. We feel so honored you chose us to be part of your journey in achieving "*what nature intended*" and we truly appreciate our patient referrals, as that is the biggest compliment we could ever receive!