



Hedden Plastic Surgery Center
William J. Hedden, M.D.

BODY CONTOURING POSTOPERATIVE INSTRUCTIONS

1. A moderate amount of bloody drainage is expected for several days. You may have surgical drains placed in that will remain one week. It will be necessary to purchase some chux pads or protective coverings for the bed, as the drainage will stain.
2. Weakness and dizziness are expected. You must have someone to stay with you, and take precautions while showering and standing.
3. The surgical garment will be removed the next day when you are checked in the hotel. You will be asked to take tepid showers every day, and wear a compression garment at all times.
4. Purchase any spandex garment of your choice to wear under your clothes. You will be provided the first garment. You must wear compression garments for six weeks.
5. Swelling and bruising will be present for up to six weeks. It will take up to three months to realize the final results.
6. You are encouraged to walk around as much as possible and move about. This will help with soreness you will experience. Limit heavy activity for at least two weeks, walking is a good way to get back into an exercise program.
7. Drink plenty of fluids and eat a well balanced diet. You may become constipated and need to take a laxative of your choice.
8. You will be given a pain prescription that you will need for a few days. You may take Tylenol (NO ASPIRIN). It will be helpful to take some vitamins with iron to help regain your strength.
9. Do not apply heat to the affected areas.

If you have any problems or concerns please call us immediately.