



Dr. Manuel
BELEN
PLASTIC SURGEON

POST SURGICAL RECOMMENDATIONS

GENERAL CARE

Follow medical instructions to the letter.

- You must rest from the garment for 2 hours in the morning and 2 hours at night.
- Wear compression stockings at all times until completing the time recommended by your doctor.
- Do breathing exercises of 5 deep breaths every 5 to 10 min. Perform 5 sets during the day.
- Walk as much time as possible during the day. You must be sitting rest of the time and only going to bed at night.
- Comply with a minimum of 10 postsurgical lymphatic drainage massages.
- Check that the drain liquid is always in motion and that the valve is open.
- Staying in communication with our office for the correct monitoring of its evolution.

WOUND CARE:

- You should clean the wound with alcohol and gauze every day.
- After cleaning the wound, add **Tecassol** powder if your doctor indicates it.
- Wound covers are changed when soiled. It is not necessary to change them every day. After the last cure, the tape is removed after 10 days.
- The stitches fall by their own.
- When the wound has closed completely, apply the **Silipack** if your doctor indicates it. Put a drop of the gel and spread it with your finger pressing on the scar.

MEDICATION USE

Follow the use of medications as specified in the medical indication.

FEEDING

The most important thing in recovering after a plastic surgery is an excellent diet.

For this reason we give you the following recommendations:

- Drink between 5 and 10 glasses (12 ounce) of water per day, 8 on average.
- Eat as close to normal in terms of quantity. You will need a diet rich in protein, fruits, vegetables and carbohydrates. In the first **2 weeks** the caloric demands are higher than normal; therefore the diet must be hyperproteinic and hypercaloric. Eggs, Meats, Fish, Rice, Beans, Many fruits, Vitamin supplements are highly recommended.
- Under no circumstances do diets to lose weight since the energy demands are greater in the operated patient.
- If you need a specific diet, we will guide you with the nutrition department to individualize each case.

FOLLOW UP APPOINTMENTS

After the surgery, the postsurgical process is supervised ensuring proper management that ensures an excellent result. The following will be done at each appointment:

- Monitor the correct operation of the drain.
- Cleaning and healing of wounds.
- Indicate the degree of compression of the girdle.
- Post-surgical massages (with previous appointment).
- Supervise the molding of the figure according to the required massage technique.
- Drain removal.

BRING IN EVERY APPOINTMENT:

- Cotton flannel, Wipes.
- Large, thick sanitary napkins.
- Arnica cream for massages.
- Postsurgical girdle and boards.
- Spirometer (breathing device).