

# MOMMY MAKEOVER

A woman with blonde hair tied back is performing a backbend, holding a large hula hoop behind her back with both hands. She is wearing a light-colored, short-sleeved top and dark shorts. The background is a soft, out-of-focus pink and white.

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These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions, it may increase your risk of possible complications and compromise results of the procedure.

# What To Expect After Surgery

## HOSPITAL RECOVERY & DISCHARGE

- ✓ After a MMO operation it is normal to stay in the clinic for 2 nights. You will be offered a menu to select meals and beverages for the duration of your stay.
- ✓ After your surgery you will wake up in your room dressed in the compression garment. Likely you will have drains. Typically, drains are removed on the day of discharge.
- ✓ To roll out of bed - roll onto your side, drop your legs out of bed and push yourself up with your arm to stand up.
- ✓ The medical staff will regularly monitor you during your stay in the clinic. We encourage you to maintain open communication with them to help make your stay as comfortable as possible.
- ✓ Upon discharge you will be provided with a "goodie bag" with all essential medications, antibiotics and dressings for your recovery at home as well as written post-operative instructions.

## PAIN LEVEL

- ✓ Expect your abdomen and breasts to have pain and numbness in areas. Maximum discomfort will occur during the first few days. Pain should be controlled by painkillers. For dosage please refer to the instructions leaflet in the "goodie bag".

## COMPRESSION GARMENT

- ✓ You are required to wear the compression garment for 23 hrs a day for 8 weeks. It is recommended to buy a foam pad for extra compression and seroma prevention. If you choose to buy a spare compression garment, ensure it is the exact same one. Using a different garment than the one provided by the clinic may affect your surgery results and your eligibility for corrective surgery.

## SUTURES

- ✓ Your incision will have internal sutures that will dissolve over time. There is no need to remove them.

## DRESSING CHANGE

- ✓ Change your dressing every 2–4 days or sooner if it becomes dirty or wet nurses will do your first dressing change in the clinic. Pay attention to dressing change steps, make notes in case you will need to instruct your partner back home.

## SHOWER

- ✓ Use sensitive cleansing wipes to save you from extra trips to the bathroom. You can take a shower 3–4 days after surgery. Let soapy water run over incisions, but do not scrub them. Make sure you have someone to assist you getting into and out of the shower.
- ✓ You can use dry shampoo for the first 10 days after surgery.

## COPING EMOTIONALLY

- ✓ Surgery places stress on the body and mind. Emotional stress is a real thing in the post-operative period. You may second guess your decision to undergo surgery, you may have feelings ranging from anger to guilt, you may even find yourself in tears just wanting to feel like your normal self again. This is natural phase of healing process and will soon becomes a distant memory.

## POST OP APPOINTMENTS

- ✓ Post-op appointments can be booked at the front desk or by contacting the clinic. At the Kaunas clinic, post-op check-ups are free within the first year after surgery. In London and Dublin, appointments are available according to our visit schedule, with a non-refundable fee. Due to limited availability, advance registration and payment are required.

## SCAR CARE

- ✓ Scar care is about helping your skin heal well and minimizing the scar's appearance over time. It involves keeping the scar clean, moist, and protected. Use silicone gel or sheets to help flatten and soften scars, massage the area gently to improve circulation, and always protect it from the sun with sunscreen or clothing to prevent darkening. Consistency is key for the best results.

# Returning To Daily Activities

## HEALING & SWELLING

- / For comfort and reduced swelling sleep with your knees slightly bent for 14 days. This will also help to reduce tension to your wound.
- / Hypersensitivity of nipples or lack of sensitivity is normal and will gradually resolve over time.
- / After surgery, you'll usually need a series of manual lymphatic drainage massages. The number needed varies, but it's best to start with frequent sessions and reduce them as swelling and healing improve. Be sure to choose an experienced physiotherapist.
- / Healing time varies and it is not uncommon for lower abdominal swelling to last up to 12 months. Fight the temptation to compare yourself to people across the internet. Your journey is unique and valid. Be patient as you heal your real results won't reveal themselves for at least 4-6 months, so don't panic!
- / Do not touch the incision sites. If this is unavoidable, make sure to disinfect hands and incision area first.
- / Surgical procedures can often dry the skin, and compression garments may add to this by rubbing against the skin. To help maintain healthy skin around the incision area, we recommend moisturizing thoroughly. Keeping the area well-moisturized can aid in your comfort and support the healing process.

## WARNINIG SIGNS

- / A fever of 38°C or higher.
- / Shaking or chills.
- / Heat in the area and bright red skin that is hot to the touch.
- / Nausea or vomiting.
- / Increased pain, swelling and redness that's getting worse.
- / Continuous fluid, pus and smell from your stitches.
- / Separation of your stitches.
- / Sudden shortness of breath or trouble breathing.
- / Any unexplained or unexpected symptoms and any pain that cannot be controlled by your pain medication.

## HYDRATION & NUTRITION

- ✓ Rehydrate your body often. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help replenish these lost body fluids. Also, eat lightly for the first few days and only food that is easy to swallow and digest.
- ✓ Do not drink any alcohol if you are taking any medication.

## EXERCISE & ACTIVITY

- ✓ After surgery you will be mobile, though it may be limited. Start gentle walking as soon as possible to help reduce swelling and lower the risk of blood clots.
- ✓ Do not sleep on your stomach for 2 months.
- ✓ Please refrain from housework and lifting and stretching for minimum of 4 weeks.
- ✓ Straining, bending, and lifting must be avoided since these activities might cause increased swelling, bleeding, and may cause disruption of the healing process. Strenuous exercise and activities are restricted for 8-12 weeks.
- ✓ Most patients can expect to return to sexual activity once their incisions have healed and when their post-operative pain and swelling allow. Typically this would be at 4-8 weeks after surgery.

## SWIMMING & SUN EXPOSURE

- ✓ No bath, pool, jacuzzi, ocean water for 8-12 weeks post-surgery or until your wounds are fully healed.
- ✓ Your scars may remain red and raised for several months. Most patients notice them gradually fading and softening over the course of 12-18 months, but this process can vary. Be patient—scar improvement takes time. Avoid exposing scars to the sun and sunbedding. If sun is unavoidable always apply strong sunscreen.
- ✓ We advise waiting for at least 6 weeks before a spray tan appointment or until the incision heals completely.

## DRIVING

- ✓ You are not allowed to drive for the first few weeks after your operation for safety reasons. To be fit to drive, you must no longer be taking any sedative medications and must be able to operate your car safely and comfortably. For most people, to be able to react and move without pain would be around 3-6 weeks. Swelling and pain may increase after driving due to the use of your chest muscles.

## MAINTAINING RESULTS

- ✓ Every patient is unique and surgery results can vary from patient to patient. Your body will change with age. The appearance of your abdomen will change too. To maximise the longevity of your surgery results, it is important to maintain a healthy lifestyle. Please keep in mind that your surgery results may be impacted by pregnancy, fluctuations in your weight, lifestyle and overall health.

## RETURNING TO WORK

- ✓ Each patient is different so your time off work will vary due to your speed of recovery, and also the type of work that you do. Allow yourself at least 2-4 weeks to recuperate before returning to nonstrenuous work. Remember, it is up to you to decide when you are ready to return to work. If your job is physically demanding, you may need to take more time off.


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