

My Plastic Surgeon's Recommendations for My Recovery

When can I resume exercise? What about vigorous exercise?

Are there any limitations to the type of exercises I can do? When can I get into a pool?

Which compression garments (if any) should I wear and when should I switch into a smaller sized garment? Is there any medical reason I shouldn't wear a garment?

When can I start taking supplements again after surgery?

When will my drains or stitches be removed? What should I do if fluid suddenly stops draining?

Will I have any dissolvable stitches? What should I do if my incision opens up?

Am I allowed to use a cool compress or heat on the surgical area?

When am I allowed to get acupuncture?

What are the warning signs that I may have an infection or seroma? What should I do if I suspect I have an infection or seroma?

How long will I feel numbness?

How long is my recovery? This is tricky, because there are so many definitions of “recovery”. Here are some sample questions:

When can I return to work?

When will I begin to feel good in clothes?

How long until I can be in a friend’s wedding, with all the photos and partying?

How long until I can feel good in a bathing suit on the beach?

How long until I can go on a week-long sightseeing vacation with lots of walking?

How can I contact your office with questions at night or on weekends?

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