



Dr Sanjay Azad
Revere Esthetique

Postoperative Management

Now that the operation is over there are a few key aspects to remember for getting the best recovery.

REST - This is a key to let your body heal. After any major surgery most patients will have bruising for the initial 3-4wks. Timelines for recovery vary but generally speaking: driving 2-3wks, walking 2-3wks, gentle treadmill 6wks, back to work 8wks, major impact sports 12wks.

BODY POSITION - Head elevation with couple of extra pillows is helpful for the initial couple of days for facial/breast surgery. Please move your arms (even above shoulders) to avoid getting stiff.

For **tummy tuck** you need to maintain a bent position (like a little old lady) always protecting your abdomen from too much stretch. You should not try to sit up and get out of bed, but bend to the side and roll out of bed. This bent position will improve and by 2-3wks after surgery you are standing straight.

STITCHES - Most of the major operations are done with dissolving sutures. They will dissolve eventually. If they stick out and are causing discomfort, then they may need to be trimmed.

ANTIBIOTICS Current antibiotic policy is to give antibiotics only during the operative period itself, which is on the day of surgery. These are typically not continued after.

PAIN RELIEF - These need to be taken typically on a regular basis for the first 24-48hrs and then as required.

ANTIBRUIISING - We recommend that you take SINNECH (Arnica tablets) during the operative period as per instructions on the pack. Also, after surgery please apply the ARNICA cream to all the areas in the operative field, except the wounds themselves. This cream should continue till the main bruising has diminished (typically 3-4wks).

GARMENTS These need to be worn for 3months. Garments will provide relief of pain and discomfort, help in mobilization and help in body shape maintenance. They should be 'compressive not constrictive', so please do not put them too tight as you need to breathe well.

Garments for breast surgery are customized by a bra fitment expert. They may need to be changed along the way as the original garment may loosen. Please always have two of these as one can then be washed.

For abdominal surgery the hospital provides a binder which is used for the first 7-10 days and then you will need to go in for a customized garment.

Garments can be loosened or modified at night but should be adhered to during the daytime to get the best results.

DVT STOCKINGS - Please wear them till you are walking around adequately and drinking plenty of water. These stockings are to prevent blood clots in your calves.

WOUND CARE - Wounds are typically covered with medical glue (Dermabond). This allows you the ability to shower the day after surgery. Some of you may feel reluctant to do this straightaway and can towel





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wipe yourself for the first couple of days and then shower. Once you shower, just pat the operative areas dry. If there is any leakage from a wound area, do not worry-just apply a touch of any antibiotic ointment/gauze and tape across the wound. This is generally sufficient.

SCAR MANAGEMENT This normally starts only at 3wks after surgery. The Dermabond (surgical glue) needs to be removed in the shower and once completely off, you start taping the scar with paper tape for 5days continuously. After this take the tape completely off and massage the scar with small circular movements using your fingertips with Vitamin E cream for 15minutes three times a day. This continues for 2days.

So, in summary the scar management regime is:

-5 days continuous taping with paper tape on all scars (Monday-Friday)

-2 days massaging with Vitamin E, 15minutes three times a day (Saturday-Sunday)

Scar management should continue for 6months.

DOCUMENTS We will provide Sick Notes/time of work/prescription for garments and bras as required.

