



Abdominal Etching / Six-Pack Surgery

Aftercare Instructions

Abdominal Etching/Six-Pack Surgery Aftercare:

General instruction:

- Wear your compression garment at all times except for showering for the first six weeks. Results improve by reducing swelling.
- Avoid any strenuous activity for six weeks. After two weeks, you can do light mobility exercises like walking. Build up your activity level slowly.
- Drink eight glasses of water daily and eat a high-protein diet to support healing.
- Take pain medications as directed to manage discomfort. Call our office if the pain is uncontrolled.
- Call the office immediately if you have signs of infection like redness, odor, pus, warmth, or fever over 101°F.

Diet

- A healthy and balanced diet rich in protein, fiber, vitamins, and minerals is essential. Protein helps with wound healing and muscle building, while fiber aids in digestion and prevents constipation. Vitamins and minerals support your immune system and overall health.
- You should avoid foods high in fat, sugar, salt, and processed ingredients, as they can cause inflammation, weight gain, and fluid retention. These foods can also interfere with your recovery and compromise your results.
- Keep hydrated by drinking plenty of water and fluids to stay hydrated and flush out toxins. Water also helps with swelling and skin elasticity. You should avoid alcohol and caffeine, as they can dehydrate you and increase bleeding.

Exercise

- Avoid strenuous physical activity for at least 6 to 8 weeks after the [Abdominal Etching](#), as it can cause pain, bleeding, infection, and damage to the treated area. You should also avoid lifting heavy objects, bending, twisting, or stretching your abdomen.
- You should gradually resume your exercise routine after consulting with your surgeon. You should start with low-impact exercises such as walking, cycling, or swimming, then progress to more intense workouts such as cardio, weight training, or abdominal exercises.
- Exercise at least 3 to 4 weekly for 30 to 60 minutes each session. Exercise helps burn calories, tone muscles, improve blood circulation, and enhance mood.

Compression Garment

- As instructed by your surgeon, you should wear a compression garment around your abdomen for several weeks after the surgery. The compression garment helps reduce swelling, bruising, and bleeding and supports your skin and muscles as they heal.
- You should wear the compression garment as often as possible, except when showering or washing it. Ensure the garment fits snugly but comfortably and does not cause irritation or discomfort.
- You should change the compression garment regularly and keep it clean and dry. You should also follow your surgeon's advice on how to care for your incisions and dressings.

Follow-up Care

- Taking medication, applying ice packs, elevating your head, and avoiding smoking are all things you should do after surgery, based on your surgeon's instructions.
- During your follow-up appointments with your surgeon, they will monitor your healing process, evaluate your results, and advise when you can resume your normal activities.
- You must contact your surgeon immediately if you experience any complications, including fever, infection, bleeding, severe pain, or abnormal swelling.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

