



# Feminization surgery Aftercare Instructions

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## Post-feminization surgery care:

### Diet

- A diet rich in protein, fiber, vitamins, and minerals helps heal wounds and build tissues, while fiber aids digestion and prevents constipation. Vitamins and minerals also support your immune system.
- 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.
- Water helps reduce swelling and skin elasticity. Alcohol and caffeine dehydrate you and increase bleeding. You should drink plenty of water to stay hydrated.

## Exercise

- During the first 6 to 8 weeks after [Facial Feminization Surgery](#), you should avoid strenuous physical activity due to the possibility of pain, bleeding, infection, and damage to the treated area. You should also avoid lifting heavy objects, bending, twisting, or stretching your body.
- 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 yoga.
- Exercising three to four times a week for 30 to 60 minutes helps you burn calories, tone muscles, improve blood circulation, and improve mood.

## Compression Garment

- After surgery, you should wear a compression garment for several weeks to reduce swelling, bruising, and bleeding and to support your skin and tissues.
- When wearing the compression garment, you should ensure that it fits snugly but comfortably and does not cause irritation or discomfort.
- Keep your compression garment clean and dry, and follow your surgeon's instructions about caring for your incisions and dressings.

## Follow-up Care

- After surgery, you should follow your surgeon's instructions for taking medications, applying ice packs, elevating your head, and avoiding smoking.
- As your surgeon monitors your healing process and evaluates your results, you should attend your follow-up appointments to get back to normal.
- You should contact your surgeon immediately if you experience any signs of complications, such as fever, infection, bleeding, severe pain, or abnormal swelling.



If you have any questions or concerns, please contact Iran Health. 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](mailto:Info@iranhealthagency.com)

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

Website: [www.iranhealthagency.com](http://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:

