



# Mommy Makeover Aftercare Instructions

## Post-operative timeline and instructions for Mommy Makeover

### The first 24-48 hours:

- Have someone assist you with moving around, changing positions, and using the bathroom. Avoid straining.
- Keep surgical areas elevated on pillows when resting to reduce swelling.
- Leave any dressings, wraps, and garments in place. Your surgeon will guide you on when to remove them.
- Take prescribed pain medication regularly. Don't wait until the pain builds.
- Get up and walk around for 5 minutes every 2-3 hours to prevent blood clots.
- Drink plenty of fluids and eat light, nutritious meals. Avoid heavy foods.
- Use ice packs on treated areas to help minimize swelling and bruising.
- Sutures and drains will be removed at your follow-up, usually within 1 week.

**First 2 weeks:**

- Keep wearing your compression garment around the clock, even while sleeping.
- Keep incision sites clean and inspect for signs of infection like redness.
- Do not lift anything over 5 pounds. Provide your body the rest it needs to heal.
- Shower daily, but do not soak incisions. Gently wash using mild, unscented soap.
- Apply prescribed ointments sparingly on incisions to keep them moist.
- Bruising, numbness, swelling, and soreness are normal. These gradually subside.
- Avoid any strenuous activity. Take short, gentle walks. Listen to your body.
- Refrain from driving or activities requiring concentration.
- Hydrate well and include fiber in your diet to ease the effects of pain medication.

Call your surgeon right away if you experience signs of infection, blood clots, or excess swelling/bleeding. Schedule a follow-up appointment as instructed.

## Medications:

- Take all prescribed medications as directed. Do not exceed dosage amounts.
- Take pain medication with food to prevent nausea. Do not take on an empty stomach.
- Do not combine pain medication with alcohol or other sedative medications/supplements.

## Diet:

- Start with clear liquids like water, broth, and juice for the first 24 hours.
- Slowly progress to a soft, low-fat diet of soups, yogurt, eggs, etc. for the next 2-3 days.
- Reintroduce fiber gradually. Steer clear of greasy, spicy, or heavy foods for 1 week.
- Stay hydrated by drinking 64+ oz of fluids daily. Focus on water, juices, tea, etc.
- Take a stool softener and laxative as needed if constipated from pain medication.

## Activity Restrictions:

- Absolutely no lifting anything heavier than 5 lbs for 6 weeks.
- Walk around the house for 5 minutes every couple of hours to prevent blood clots.
- Do not drive or operate heavy machinery for 1 week or while on pain medication.
- Avoid strenuous exercise like weight lifting, running, and aerobics for 6 weeks.
- No swimming, baths, hot tubs, or soaking incision sites for 4-6 weeks.
- Listen to your body and increase activity slowly after 2 weeks.
- Expect to be able to return to deskwork/light activity after 2-3 weeks.

## Incision Care:

- Keep incisions clean and dry. Do not remove bandages until directed.
- Inspect for signs of infection - redness, swelling, warmth, pus-like drainage.
- Apply ointments/creams to incision sites gently as prescribed.
- Do not expose scars to direct sunlight for 6 months. Always apply sunscreen.



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](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.



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