



## **POST-SURGICAL INDICATIONS ABDOMINOPLASTY + LIPOSCULPTURE PAL 19.80 METHOD**

- Post-operative massages should be started according to the instructions of your Specialist physician.
- In the afternoon (or after surgery) liquid diet, the next day ordinary diet, without irritants or fats (drink plenty of water).
- There may be swelling in the extremities, which will soon disappear by placing the feet high.
- It is normal to bleed even if it moistens the girdle and the bed lines, however, if it is excessive inform your doctor immediately.
- In the first 24 hours there is a possibility of fever, which can be treated with Acetaminophen.
- The intervened area tends to present purples that are cleared in a matter of 2 or 3 weeks, should be used according to the indications of the Medical Specialist Dr. Luis Alberto Guerra Araujo.
- The accumulation of liquids under the skin is not dangerous, as it is normally reabsorbed by the body.
- It is advisable that during the first 48 hours after the operation, always go with you to the bathroom or to walk, as you may feel dizzy.
- It is not healthy to stay in bed all the time, the day after the surgery, you should wander accompanied (a).
- You can return to work approximately 7 days after the operation, as long as the activity does not require intense physical activity. If so, you will have to study your case personally to see how much disability time you need.
- Abstain from sunbathing for at least three months to avoid skin spots.

- If there is a fever greater than 38°, notify immediately.
- You must urinate and evacuate adequately (in colour, volume and texture) if you do not have your specialist advise you.
- You should not smoke during this period (3 months), as tobacco hinders oxygenation and the arrival of nutrients to the skin of the operated area, slowing tissue regeneration and, therefore, healing.
- After the first month of surgery you can start your aerobic exercises, stretching and after the second month muscle strengthening.
- The inflammation of the Abdominoplasty19.80® will remain until the third or fourth month. Only after the sixth month will the final result be visible.
- If you are on medication of any kind, talk to your doctor before abruptly stopping treatment.
- Appointment control 24hs after surgery or as directed by Dr. Luis Alberto Guerra Araujo, please call the next day of surgery to the secretary to coordinate appointment at phone: 3166280790.
- To take punctually the medicines formulated especially the antibiotic.
- During the time that the compressive girdle is used it is necessary to hydrate the zone with creams or appropriate oils. This way, the skin will not dry out.
- If you have any doubt, call your Specialist Doctor at 3166280790.
- Notify the Surgeon or Anesthesiologist in case of exaggerated pain, bleeding, vomiting, fever, headache after surgery or sudden difficulty breathing.