

## **As You Heal**

### *Body Lift*

- Give yourself time to heal and recover, as this is a demanding form of surgery. Take things easy and get lots of rest.
- You can expect to have bruising and swelling that will ease after a few weeks. Expect to be sore.
- You will probably be home for at least six weeks, so make sure to notify your employer well in advance. Avoid unnecessary stretching, bending or lifting and ask for help when needed.
- Make sure you are up and walking every hour to help prevent blood clots. You will not need to get up during the nighttime for this.
- You have tape or medical glue on your incisions and you will be able to shower 24 hours after surgery.
- You will have surgical drains. Our staff will review with you how to care for them as well as how to record the output daily. Please total the 24-hour output for each individual drain separately. The amount of fluid draining in the tube over that time period will determine if they can be removed a week later. Please bring your output journal with you to your first postoperative visit.
- Please call us with any concerns Monday-Friday 8:30am-5:00pm. Weekdays after 5 pm and weekends you will reach our answering service and will be directed to Dr. Brown if it is an emergency. Our office number is 480-947-2455.