

# POST-PLASTIC SURGERY CARE

By following these tips and relying on your loved ones for post-operative care, you can recover more quickly, and get back to your normal life!



+90 505 626 80 13

 [www.bestclinicistanbulbci.com](http://www.bestclinicistanbulbci.com)



Best  
Clinic  
Istanbul



## **MEDICATIONS TO AVOID BEFORE AND IMMEDIATELY AFTER SURGERY**

Do not take aspirin, or non-steroidal anti-inflammatory medication (NSAID's), such as ibuprofen or naproxen, for two weeks prior to and 10 days after surgery. These medications are blood thinners and can cause excessive bleeding during surgery. In addition, ensure that any over the counter sinus or cold remedy that you take during this time period does not contain these drugs.

Stop diet pills two weeks before surgery. Blood thinners/Anticoagulants such as Coumadin or Plavix will need to be stopped before surgery. This will be co-coordinated with the doctor who prescribed these medications. Estrogen-containing pills, injection, or patches including birth control pills thicken blood and increase the risk of clots in your legs and lungs. Stop using estrogen four weeks before surgery if at all possible. They may be resumed after surgery once normal activity and walking has been resumed. Your primary care physician will advise you on alternative methods of contraception during this time.



**Best  
Clinic  
Istanbul**

+90 505 626 80 13

 [www.bestclinicistanbulbci.com](http://www.bestclinicistanbulbci.com)




# **BREAST SURGERY**

## **SHOWERING AND INCISION CARE**

You may start to shower 48 hours after surgery. However, you will need to wait for 4 weeks before you can soak the incision in a bathtub or pool. During the first few weeks after surgery, you may wear a soft cup bra or a camisole. Do not wear a bra with underwire for 6 weeks after surgery. An underwire may cause skin breakdown or cause the incision to open up.

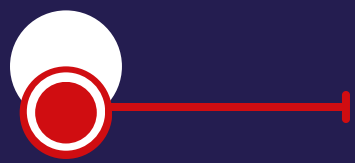


+90 505 626 80 13

 [www.bestclinicistanbulbci.com](http://www.bestclinicistanbulbci.com)



**Best  
Clinic  
Istanbul**



# **BREAST SURGERY**

## **SHOWERING AND INCISION CARE**

Paper tapes/strips are usually placed on the incisions. You may use soap and water over these and dab the area dry. With time as they begin to peel, trim only the peeled portions. Do not remove the entire strip unless it is loose. You may use new strips to replace ones that have become loose. Keeping these paper tapes on the incision for 3 months will significantly improve the quality of the final scar.

You may resume normal activity in one or two weeks.

### **Smoking**

Do not smoke for at least 4 weeks before and after surgery. Stay away from places where people do. Smoking can slow healing and cause skin breakdown. It can also cause death of tissues.



**Best  
Clinic  
Istanbul**



## SUN AND HEAT EXPOSURE

- Your surgery will leave a scar and it may take well over a year to fade and blend in with surrounding skin. No matter how small the scar, sunlight can cause permanent darkening of your scar. Sunlight can even go through your clothes.
- Do not expose your incision/scar to direct sunlight for a year from the time of surgery. Use sunscreen with a SPF for at least 30 when you go out. Wait for 3 weeks from the date surgery before starting to use sunscreen.
- Do not use heat of any kind (heat lamp, heating pad, sauna, hot tub, tanning booth) for at least 12 weeks after surgery or permanently if you have areas of decreased sensation around the scars.





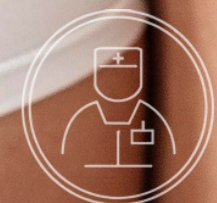
## **BODY SCULPTING** SHOWERING AND INCISION CARE

You may start to shower 48 hours after surgery. However, you will need to wait for 4 weeks before soaking the incision in a bathtub or pool.

Paper tapes/strips are usually placed on the incisions. You may use soap and water over these and dab the area dry. With time as they begin to peel, trim only the peeled portions. Do not remove the entire strip unless it is loose.

You may use new strips to replace ones that have become loose. Keeping these paper tapes on the incision for 3 months will significantly improve the quality of the final scar.

You may resume normal activity in one or two weeks.

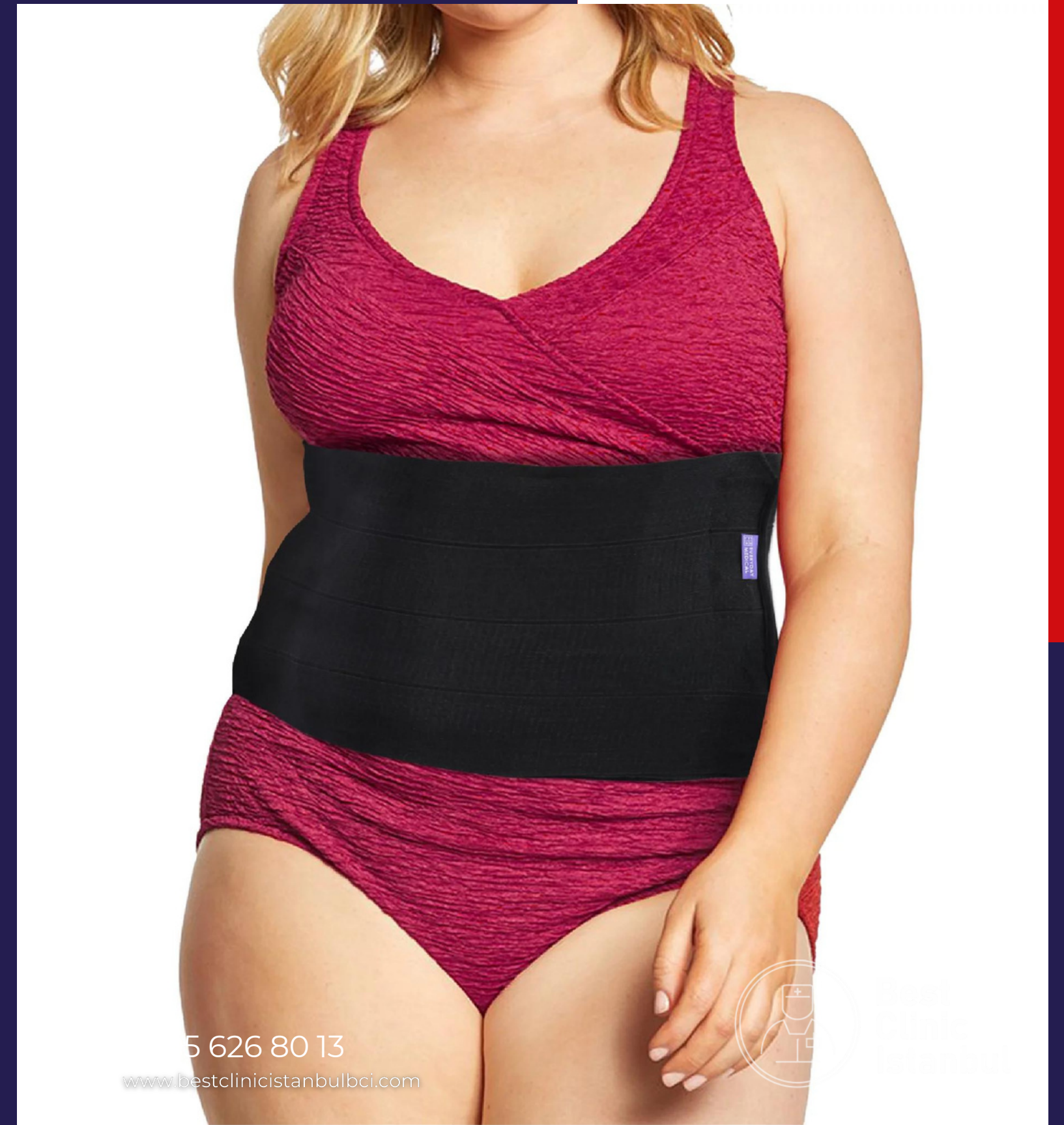




## USING A **ABDOMINAL BINDER**

Cover the incision with gauze before putting the binder on. Do not let the binder touch your incision for 3 weeks after surgery. Alternatively, you may wear a long T- shirt and have the binder over it.

Wear the abdominal binder at all times for 4 weeks after surgery except when you shower. You may wash the binder if it becomes soiled.





## **BROW LIFT AND EYELID SURGERY**

Iced compresses to the eyes for 15 to 20 minutes of every hour when awake for the first 3 days after surgery will help to keep the swelling down

**Use preservative free eye drops** as needed during the day (Refresh plus) and at bedtime (Refresh PM) for 10 days after eyelid surgery. This can be discontinued when swelling around the eyelid and irritation has diminished. After 24 hours, you may start washing your face with a neutral or bland soap. A baby soap/shampoo is preferable, as it will not cause irritation if it accidentally enters the eye.



Best  
Clinic  
Istanbul



## **BROW LIFT AND EYELID SURGERY**

Crusting over the eyelids is normal and can be gently washed with a little baby shampoo and warm water. You may use a moisturizer on the face but keep it away from suture lines.

You may wash your hair using a mild shampoo/baby shampoo about 24 hours after the procedure. It may take several washings before all crusts are out of your hair.

Do not apply any cream or ointment containing vitamin E or Mederma over the incision after surgery. You may walk and climb stairs as soon as you feel fit to do so without any restrictions.

Gradually work back up to pre-surgical activities after three weeks. Strenuous activity can be resumed after 6 weeks.



+90 505 626 80 13

[www.bestclinicistanbulbci.com](http://www.bestclinicistanbulbci.com)



**Best  
Clinic  
Istanbul**



## FACELIFT SURGERY

Iced compresses to the face and eyes for 15 to 20 minutes of every hour when awake for the first 3 days after surgery will help to keep the swelling down

### POSITIONING IN BED

Sleep flat on your back without a pillow. A neck roll may be used for support.

It is NOT necessary to sit up or sleep on a recliner

It is important not to flex the neck (point chin down towards the neck) for about a week after surgery. Reading should be done by elevating the material to eye level without flexing the neck

During the first week after surgery, keep a pillow beneath the knees and one on each side of the body, between the side of the body and the arms/forearm. This prevents accidental rolling over to the side



Best  
Clinic  
Istanbul



## SCAR CARE

Scar development is a process that lasts up to a year or more after surgery. Scarring can be significant, but with a little care the appearance of the scars can improve. It is also common to have areas of numbness in your breasts. This may be permanent but some patients experience improvement with time.

As healing progresses, itching can become significant. Remember, itching = healing. Sometimes the itching will come from deep inside where no amount of scratching will help, or the nipple can itch a great deal. Be very careful not to damage tender, new skin. Cooling the breasts can soothe them. This can be done with cool air, a cool shower, or ice packs (the blue gel ones are very good because they conform to the breast nicely, are light weight, and can be reused). When using the ice packs you can lay a thin towel over the breasts, then the packs, fold the towel over the packs and gently hug them to your body. Generally, it is a good idea to use the ice packs no more than 15 minutes at a time.

For the first year avoid sunlight on your scars to keep the areas from pigmenting darker than your surrounding skin. Use clothing and sunscreen to protect the scars.

Scar tissue does not have the same lubrication glands as regular skin. After three weeks you can help your scars by keeping them moisturized with lotion or ointment. Massage the length of the scar with firm circular motion 2-3 times a day. This will help organize the scar tissue and help it to be more mobile and soft. You may notice increased redness in your scars between 3-6 months after surgery. This is normal.

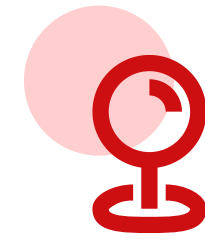
If your scars are growing thick, rope-like, outside their original boundaries, or are itchy, burning and painful, please call the clinic. If you have a history of keloids or hypertrophic scars, please discuss this with your plastic surgeon.





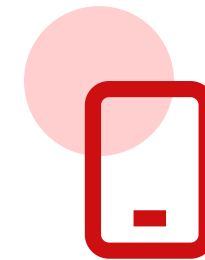
## CONTACT US

**PROVIDING QUALITY HEALTH CARE. YOUR HEALTH IS OUR TOP PRIORITY WITH COMPREHENSIVE**



### Address and Location

Address: Atakent, 4. Cd. No:36, 34307  
Küçükçekmece/İstanbul



### Number Phone

+90 505 626 80 13



### Email and Website

info@bestclinicistanbul.com  
www.BESTCLINICISTANBULBCI.com



**Best  
Clinic  
Istanbul**

International Healthcare Services