

POST SURGERY AFTERCARE

THE POSTSURGICAL AFTERCARE VARIES A LOT ON THE SURGERY YOU HAVE HAD. THEREFORE, FOR THE FASTEST RECOVERY AND BEST RESULTS, IT'S ESSENTIAL FOR YOU TO TAKE SPECIAL CARE OF YOUR BODY IN THE FIRST DAYS AND WEEKS AFTER YOUR SURGERY.

YOU WILL BE SUPPLIED WITH INFORMATIVE INSTRUCTIONS AND A COMPREHENSIVE PACKET OF POST-OPERATIVE UTILITIES DEPENDING ON THE SURGERY YOU HAD. BE SURE TO FOLLOW THESE INSTRUCTIONS TO ENSURE A HEALTHY RECOVERY AND ELIMINATE POTENTIAL RISKS.

IN SOME SURGERIES SUCH AS LIPOSUCTION, BBL AND ABDOMINOPLASTY, AFTERCARE MIGHT HAVE A MORE PROMINENT POSITION AS IT IS STRONGLY RECOMMENDED TO GET SOME SPECIAL (MANUAL LYMPHATIC DRAINAGE) MESSAGES AS THE PRIME CHOICE.

WE PROVIDE ALL AFTERCARE TO THE PATIENTS FROM ALL OVER THE UK AND IRELAND.

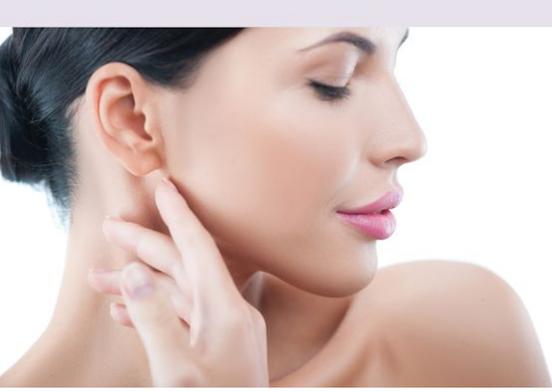
THIS INCLUDES, LYMPHATIC MANUAL DRAINAGE MESSAGES, WOUND CARE MANAGEMENT, SEROMA ASPIRATIONS, DRAIN REMOVALS AND A FULL HEALTH CHECK. WE ALSO OFFER IV DRIP THERAPY FOR ADDED IMMUNITY FOR PATIENTS WHO HAVE RETURNED FROM SURGERY.

ADEQUATE HYDRATION (DRINKING PLENTY OF WATER) AND A HEALTHY DIET AS WELL AS AVOIDING ALL FORMS OF SMOKING A FEW DAYS AFTER YOUR SURGERY IS ESSENTIAL FOR A GOOD POST SURGICAL AFTERCARE.

LYMPHATIC DRAINAGE MESSAGES



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POST LIPOSUCTION LYMPHATIC DRAINAGE MESSAGES ARE SPECIALISED MESSAGES TO HELP RID THE BODY OF EXCESS INFLAMMATORY FLUID. IN SOME CIRCUMSTANCES ALSO RESIDUAL FAT LEFT FROM THE LIPOSUCTION.

THIS KIND OF MASSAGE IS DIFFERENT TO STANDARD MLD MESSAGES SO IT IS VITAL THAT THE THERAPIST YOU CHOOSE IS EXPERIENCED IN POST LIPOSUCTION MESSAGES SPECIFICALLY.

AT MEDICCI AESTHETICS, OUR MESSAGES ARE SPECIFICALLY TAILORED FOR COSMETIC SURGERY PROCEDURES AND WE HAVE A 100% SATISFACTION RATE. WE ARE PROUD TO BOAST THAT ALL OUR CLIENTS HEAL REALLY WELL POST SURGERY WITH AMAZING RESULTS. THEIR RECOVERY PERIOD IS SHORTENED AND ARE ABLE TO RETURN BACK TO NORMAL DAILY ACTIVITIES SOONER THAN MOST CLIENTS. WE ARE ALSO PROUD TO OFFER THESE SERVICES IN ISTANBUL, TURKEY ALSO TO ALLOW PATIENTS SOME RELIEF AND COMFORT PRIOR TO FLYING HOME FROM THEIR SURGICAL PROCEDURE.

SOME DOCTORS/SURGEONS DO NOT RECOMMEND MESSAGES FOR TUMMY TUCK WHILST WE ADOPT OUR OWN APPROACH FOLLOWING OUR SURGEON'S RECOMMENDATIONS, IF YOU HAVE HAD YOUR SURGERY VIA A DIFFERENT COMPANY, PLEASE ASK FOR THEIR ADVICE PRIOR TO BOOKING.

FOR SURGERIES, SUCH AS RHINOPLASTY, MAINTAINING GOOD WOUND CARE IS VITAL AND ENSURING THAT YOU AVOID HEAVY LIFTING AND EXCESS PRESSURE IN THE AREA. ALSO, TRY NOT TO CATCH A COLD DURING THIS TIME, AS SNEEZING AND A RUNNY NOSE CAN MAKE YOUR RECOVERY UNCOMFORTABLE.

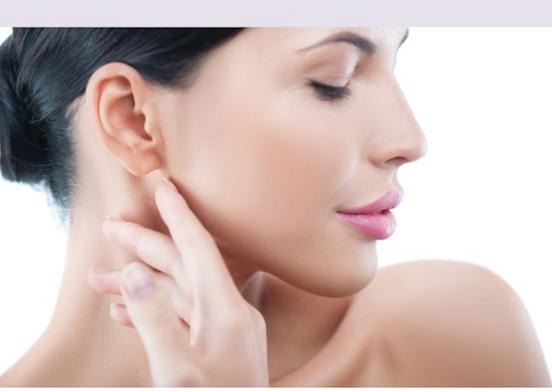
POST SURGICAL GARMENTS & ACCESSORIES

THE CHOICE OF GARMENTS AND ACCESSORIES ARE SO VARIED IN THE SURGICAL COMMUNITY AND THIS MAKES CHOOSING THE RIGHT ONE, THE MOST DIFFICULT AND CONFUSING OF TASKS.

AS A GENERAL GUIDE, WE RECOMMEND THESE ITEMS AS A REQUIRED PURCHASE FOR YOUR RECOVERY.



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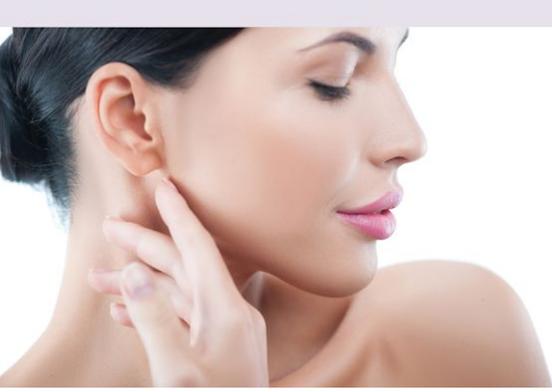


- 1- ABDOMINAL BOARD (WE RECOMMEND SURGEON-MADE ABDOMINAL BOARDS AVAILABLE FROM CONTOUR FAJA WEBSITE, TRIBUJO MAJESTIC ABDOMINAL BOARDS OR EMBODY ABDOMINAL BOARD).
** PLEASE NOTE, YOU CAN BUY THESE FROM MEDICCI AESTHETICS, AT OUR ISTANBUL, TURKEY CLINIC **
- 2- WAIST TRAINER (DR ROYA RECOMMENDS SIHOHAN WAIST TRAINER BELT BACK BRACE CINCHER TRIMMER SPORTS SLIMMING BODY SHAPER BAND WITH DUAL ADJUSTABLE BELLY FOR FITNESS WORKOUT, UNISEX AVAILABLE TO PURCHASE)FROM AMAZON

** PLEASE NOTE, YOU CAN BUY THESE FROM MEDICCI AESTHETICS, AT OUR ISTANBUL, TURKEY CLINIC **
- 3- LIPO FOAMS- THESE CAN PROVIDE GREAT COMFORT TO YOUR WAIST AND ABDOMEN HOWEVER PLEASE BE ADVISED THAT WHEN USED TOO SOON POST-SURGERY AND TOO LONG, IT MAY CAUSE BURNS ON THE SKIN SO PLEASE FOLLOW YOUR SURGEONS RECOMMENDED ADVICE ON THE USE OF THESE. MOST SURGEONS USUALLY PROVIDE THESE BUT YOU CAN PURCHASE ONLINE ALSO FROM THE RECOVA WEBSITE.
- 4- SHE-WEE – THESE ARE A GOD-SEND AND ONE MUST GIVE A NOBEL PRIZE TO WHOMEVER CREATED THESE. IT LOOKS LIKE A LITTLE CUP WITH A NOZZLE AND IS GREAT FOR BEING ABLE TO PASS URINE POST-SURGERY PARTICULARLY WHEN YOU ARE REQUIRED TO WEAR A COMPRESSION GARMENT ALL DAY AND NIGHT. IT ALLOWS FOR YOU TO PASS URINE WITHOUT GETTING YOUR GARMENT WET. AFTER YOUR RECOVERY PERIOD, THEY SERVE WELL WHEN USING PUBLIC TOILETS ALSO!
- 5- COMPRESSION SOCKS- THESE ARE PROVIDED BY THE HOSPITAL USUALLY BUT YOU MAY WANT TO BUY YOUR OWN TO USE IN BETWEEN WASHES.



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- 6- HAVING A SMALL SET OF SCISSORS , SOME STERILE GAUZE, INCONTINENCE BED SHEETS AND WOUND PLASTERS WILL GO A LONG WAY, WHILST THE HOSPITALS WILL PROVIDE YOU WITH THESE, IT IS GOOD TO HAVE A FEW SPARES.
- 7- COMFORTABLE CLOTHING AND SHOES- WHILST YOU WILL BE EAGER TO FLAUNT YOUR NEW SEXY CURVES, PLEASE BE ADVISED THAT THE FIRST 6-8 WEEKS IS NOT THE TIME TO TRY FITTING YOURSELVES IN TIGHT, UNCOMFORTABLE CLOTHING. NOT ONLY WILL IT NOT FEEL GREAT, IT WILL JEOPARDISE YOUR RESULTS.
- 8- FOR ADDED COMFORT, A PREGNANCY PILLOW OR ANY OTHER KIND OF SUPPORTIVE PILLOW OR MATTRESS SUCH AS A TRIANGLE PILLOW(FOR BREAST AUG/RHINOPLASTY CLIENTS) OR AVOCADO LILO WILL GO A LONG WAY TO MAKE THE RECOVERY MORE PLEASANT AND ALLOW YOU SOME SLEEP DURING YOUR RECOVERY PERIOD.

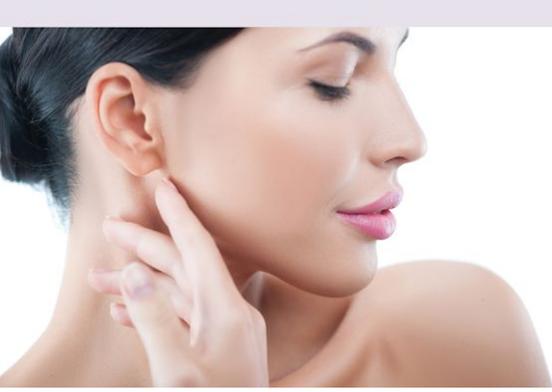
THE LIST OF SUPPLIES CAN BE NEVER ENDING HOWEVER THE ABOVE ARE THE ABSOLUTE ESSENTIALS FOR MOST LIPOSUCTION/BBL AND ABDOMINOPLASTY PROCEDURES.

FOR BREAST AUGMENTATION AND RHINOPLASTY, WE WOULD RECOMMEND A TRIANGLE/PYRAMID PILLOW TO KEEP YOUR HEAD AND CHEST ELEVATED. WE ALSO RECOMMEND CHECKING OUT MACOM OR RECOVA FOR THEIR WIDE RANGE OF SURGICAL BRAS. THEY'RE SO COMFORTABLE!!

OF COURSE, THE ABOVE IS NOT A COMPLETE GUIDE, BUT IT IS THE ESSENTIALS AND THE NEED TO KNOW ABOUT POST-SURGERY ACCESSORIES AND SUPPLIES.



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WE ARE HERE FOR YOU SHOULD YOU HAVE MORE QUESTIONS AND QUERIES SO PLEASE DO NOT HESITATE TO CONTACT US.

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EMERGENCY CONTACTS:

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IF YOU WERE UNABLE TO GET THROUGH VIA THE 2 METHODS ABOVE;

PLEASE CONTACT :

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WE WISH YOU A SPEEDY RECOVERY.



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