



RECOMMENDATIONS AND CARE AFTER SURGERY:

Dr. Kemil Issa.

- Post surgery is a very important part of the surgery process. The doctor's recommendations must be followed to the letter to avoid causing problems or complications. On the post-operative days, the patient should only think about resting and resting.
- Remember that you should first start consuming liquid foods and then slowly incorporate solid foods, although it is always advisable to avoid consuming foods high in fat, these days even more, you should have a balanced and healthy diet. Eat fruits, smoothies, tea, soups and mainly drink a lot of water from 4 to 6 liters per day. You should not eat seafood, fish, pork, or anything fried during the first month after surgery.
- The post-operative always needs medication, limit yourself only to consuming what the DR prescribes. KEMIL ISSA does not under any circumstances self-medicate, as this could only worsen the situation. Take medications on time and under the doctor's instructions, you are responsible for taking your medications, do not allow anyone to give them to you. You should not take aspirin, or any other medicine that contains salicylates, because of the risk of bleeding. If you have any questions, do not hesitate to call your surgeon and ask him.
- The bandage and girdle also need your care, you should not wet them or remove them and the doctor will teach you how to change them and when to do it. You should be very careful when bathing, as you will probably have a closed drain, Dr. Kemil Issa's team will indicate when it is recommended to do so. He will wear a compression girdle that is recommended to be worn for the next 4 months, in most cases, during the day and night, we recommend from 11 days a second post girdle which is made of firmer material and will help to a better molding of the figure. This will be used first for 3 months day and night and then during the 4th month only during the day, after 4 months you should stop using the girdle.
- Remember that for a few weeks you will also not be able to sunbathe or tan. In addition you will also have to stop smoking and drinking alcoholic beverages, if you do it regularly.
- Black stitches in the navel and breasts should be removed 3 weeks after surgery.

IT IS NORMAL:

1. Mild to moderate pain that can appear in the immediate post-operative period, and will be relieved with pain relievers. If the pain is more intense, tell your doctor.
2. Small bleeding and / or sero-bloody discharge from the incision in the first 48 hours.

3. Small increase in temperature (up to 38° C) in the first 48 hours.
4. Edema or swelling in the abdomen and pubic region. This gradually decreases, disappearing around the third week.
5. Small areas of bruising (bruising), in the abdominal region, which will gradually disappear around the fourth week.
6. Massages will be started on the 2nd or 3rd day after surgery, we recommend that they be given strictly by our therapist, they will be given no more than one massage per day for 10 or 12 days, then they will be spaced at two or three massages per week during the first month, during the second month you could give yourself a massage every week, after 3 months it is not necessary to continue giving the massages.
7. The sensitivity of the abdomen will be decreased in the postoperative period, progressively normalizing, do not place anything hot on the abdomen, do not use warm cloths for massage, cavitation, or radiofrequency.
8. The wounds must be cleaned by the doctor or his assistants with antiseptic soap (Chlorexidine) and / or alcohol or when indicated by the doctor you or a family member will be able to heal the wound. They should always be covered with sterile gauze pads.