



PATIENT RECOVERY GUIDE

Abdominal Etching Aftercare Instructions

Your personalised recovery guide following abdominal etching (six-pack surgery) with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Abdominal Etching		DD / MM / YYYY	DD / MM / YYYY

Your recovery after abdominal etching is usually quick and easy, with only one to two days of downtime. The key is your compression garment — wear it for three weeks to settle the swelling and let your new definition emerge. Some swelling will mask the result at first, so be patient: as it fades over the following weeks, the six-pack steadily comes through.

1 The First 48 Hours

- ◆ **Compression garment.** Wear your garment continuously for 3 weeks; it settles swelling and shapes the result.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Move gently.** Mild soreness may limit movement for the first few days; walk gently and rest as needed.
- ◆ **Protect the incisions.** Keep the tiny entry points clean and dry as instructed.
- ◆ **Shower at 2 days.** You may shower and return to your normal routine just two days after surgery.
- ◆ **Hold off on sport.** Avoid exercise and sport until you are completely pain-free (about 2 weeks).

2 Recovery Timeline

- DAYS 1 – 2
Early healing. Home the same day. No pain on day one from long-acting anaesthetic. Mild soreness eases by the next day. Shower at 2 days.
- DAYS 2 – 7
Back to routine. Downtime is just 1–2 days; most return to normal daily activity quickly. Keep the garment on.
- WEEK 2 – 3
Sport resumes. Return to sport and exercise once fully pain-free, usually around 2 weeks. Garment comes off at 3 weeks.
- WEEKS 3 +
Definition emerges. As swelling fully settles over the following weeks, your six-pack definition steadily becomes visible.

“I etched along your own muscle anatomy, so the definition is truly yours — it just needs the swelling to clear. Wear your garment, be patient through the first weeks, and let your real six-pack come to the surface.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your compression garment for 3 weeks.
- ◇ Rest and move gently in the first few days.
- ◇ Walk gently from the first day.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Exercise or sport before you are pain-free.
- ◇ Strenuous core workouts until cleared (~2 weeks).
- ◇ Smoking, which delays wound healing.
- ◇ Sun exposure on the healing incisions.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Discharge or bleeding from an incision site.
- Severe or increasing pain not eased by medication.
- A firm or growing fluid collection under the skin (seroma).
- Calf pain, swelling, or shortness of breath.

5 Discharge Checklist

- ☐ Compression garment fitted and spare provided.
- ☐ Pain relief and any antibiotics collected.
- ☐ Garment-wear and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS