



PATIENT RECOVERY GUIDE

# Body Contouring Aftercare Instructions

Your personalised recovery guide following body contouring & body lift surgery with Dr. Nazmi Baycin, Dubai.

| PROCEDURE       | PATIENT | DATE OF SURGERY | FOLLOW-UP      |
|-----------------|---------|-----------------|----------------|
| Body Contouring |         | DD / MM / YYYY  | DD / MM / YYYY |

Your recovery after body contouring depends on how many areas were treated, but the principles are the same. Wear your compression garment faithfully, care for any drains, and move gently while the long incisions heal. The sutures are hidden and dissolvable, so there is nothing to remove. This is the final step of your weight-loss journey — give it the patience it deserves and the new contour will keep refining over the months ahead.

## 1 The First 48 Hours

- ◆ **Compression garment.** Wear your garment continuously as fitted; it supports the tissue and limits swelling and seroma.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Drain care.** If drains were placed, empty and record them as shown until they are removed.
- ◆ **Protect the incisions.** Keep the long incisions clean and dry; follow the wound-care guidance given.
- ◆ **Move gently.** Movement is restricted for the first 3–4 days; walk gently and avoid straining the incisions.
- ◆ **No heavy lifting.** Avoid heavy lifting and strenuous activity until cleared.

## 2 Recovery Timeline

- DAYS 1 – 4**  
**Early healing.** One-day hospital stay. Mild to moderate pain eased by medication. Movement restricted; walk gently. Garment on continuously.
- DAYS 5 – 7**  
**Back on your feet.** Typical downtime is 5–7 days before you are up and about comfortably. Light activity resumes gradually.
- WEEKS 2 – 3**  
**Seroma window.** Any seroma (fluid collection) usually settles on its own within 2–3 weeks. Keep wearing the garment.
- MONTHS 1 – 6**  
**Final contour.** Swelling settles and the firm, refined contour emerges over the following months; scars steadily fade.

“You did the hard work of losing the weight — this surgery finishes what you started. Wear the garment, mind the drains, and be patient with the long incisions; the body that matches your effort is on its way.”

— DR. NAZMI BAYCIN



### 3 Do's & Don'ts

#### RECOMMENDED

- ◇ Wear your compression garment continuously as directed.
- ◇ Rest in the position that eases tension on the incisions.
- ◇ Walk gently from the first day to support circulation.
- ◇ Attend every follow-up and drain-check appointment.

#### PLEASE AVOID

- ◇ Heavy lifting or straining the incisions early.
- ◇ Strenuous exercise until cleared by Dr. Baycin.
- ◇ Smoking, which significantly delays wound healing.
- ◇ Sun exposure on the healing scars.

### 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.
- Bleeding, discharge, or opening of a long incision.
- 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.
- ☐ Drain-care and wound-care instructions understood.
- ☐ Follow-up and drain-check dates 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](http://www.nazmibaycin.com)

Next appointment — DD / MM / YYYY · \_\_ : \_\_

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS