



PATIENT RECOVERY GUIDE

Liposuction

Aftercare Instructions

Your personalised recovery guide following liposuction with Dr. Nazmi Baycin, Dubai.

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

Your recovery after liposuction is usually quick, and your own body is the best guide to your pace. Wear your compression garment faithfully, expect the treated areas to look swollen at first — this is normal and temporary — and let the true shape emerge over the following weeks. The fat that was removed is gone for good; your part now is to support smooth, even healing.

1 The First 48 Hours

- ◆ **Compression garment.** Wear your garment continuously as fitted —◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Move gently.** Light walking from the first day supports circulation; let◆ **Drainage is normal.** Some fluid leakage from the tiny incisions in the first day or two is expected.
- ◆ **Hydrate & rest.** Drink water freely and rest. Expect swelling, bruising◆ **Don't be alarmed.** The area may look as if no fat was removed — swelling is filling the space. This passes.

2 Recovery Timeline

- DAYS 1 – 3
Initial healing. Swelling, bruising and tightness are normal. Shower at 2–3 days. Day-case for small areas; one night for larger.
- DAYS 5 – 15
Bruising fades. Bruising resolves over 5–15 days. You may swim from about day 15, once incisions have healed.
- DAYS 15 – 20
Swelling subsides. Major swelling begins to settle and your true new shape starts to emerge.
- WEEKS 6 +
Final contour. Residual swelling resolves and the smooth, sculpted final result settles in fully.

“What looks swollen today is the result waiting to surface. Wear your garment, trust the weeks, and let the contour reveal itself — the sculpture is already there beneath the swelling.”
— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your compression garment as directed.
- ◇ Walk gently each day to aid circulation.
- ◇ Stay hydrated and rest well.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Strenuous exercise or heavy lifting early.
- ◇ Removing the garment before you are advised.
- ◇ Smoking, which delays wound healing.
- ◇ Sun exposure until swelling settles.

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 one-sided swelling.
- Heavy bleeding or persistent fluid leakage.
- Severe or increasing pain not eased by medication.
- A firm, growing fluid collection (seroma) under the skin.
- Calf pain, chest tightness or shortness of breath.

5 Discharge Checklist

- ☐ Compression garment fitted and spare provided.
- ☐ Pain relief and any antibiotics collected.
- ☐ Garment, wound-care 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