



PATIENT RECOVERY GUIDE

Pubic Lift

Aftercare Instructions

Your personalised recovery guide following a pubic lift (monsplasty) with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Pubic Lift	_____	DD / MM / YYYY	DD / MM / YYYY

Your recovery after a pubic lift is usually quick and comfortable. The incision sits low along the bikini line and the stitches are hidden and dissolvable, so there is nothing to remove. Keep the area clean and dry, avoid straining the incision, and ease back gently — your firmer, more comfortable contour will settle in over the weeks ahead, with the scar fading discreetly into the natural crease.

1 The First 48 Hours

- ◆ **Rest comfortably.** Rest with your hips and knees slightly bent at first to ease tension on the incision.
- ◆ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◆ **Support garment.** Wear any support garment as fitted; it limits swelling and supports the new contour.
- ◆ **Loose clothing.** Wear loose, soft underwear and clothing that does not rub the incision.
- ◆ **Keep the area clean & dry.** Keep the low incision clean and dry; follow the washing guidance given.
- ◆ **No straining.** Avoid bending, heavy lifting, or anything that strains or stretches the incision.

2 Recovery Timeline

- DAYS 1 – 3**
Early healing. Home the same day. Mild discomfort eased by medication. Keep the incision clean and dry; move gently around the home.
- DAYS 3 – 7**
Back to routine. Most return to everyday routine within a few days. Avoid straining the incision and any heavy activity.
- WEEK 2**
Light activity. Ease into light activity around two weeks, as your body allows. Continue to protect the healing incision.
- WEEK 6 +**
Final result. Full healing takes about 6 weeks; the firm, smooth contour settles and the low scar fades into the bikini-line crease.

“I placed your incision low, where a bikini hides it, and lifted the area for lasting comfort. Protect that healing seam, be patient through the first weeks, and the firmer, more comfortable contour you came for will be yours.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

◇ Wear any support garment as directed.

◇ Rest with hips and knees slightly bent at first.

◇ Walk gently from the first day to support circulation.

◇ Attend every follow-up appointment.

PLEASE AVOID

◇ Bending, lifting, or straining the incision early.

◇ Strenuous exercise until cleared (around 6 weeks).

◇ Smoking, which delays wound healing.

◇ Tight clothing that rubs the healing scar.

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, bleeding, or opening of the 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

☐ Support garment fitted (if provided).

☐ Pain relief and any antibiotics collected.

☐ Incision-care and washing 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