

POST OPERATIVE INSTRUCTIONS – GENERAL

Description: Here is a list of general Post Operative Instructions that Dubai Cosmetic Surgery Clinic provides its clients as they get ready to go under the knife to enhance their appearance.

It is not only the surgeon who should bear the burden of producing your desired results with a cosmetic surgery procedure. You share the responsibility with the surgeon by making sure you not only prepare yourself very well for the surgery but also follow the post-op instructions of your surgeon and take very good care of your wounds. After a surgery, following post operative instructions of your surgeon is as important as the role of your surgeon.

Every surgeon provides his/her patients with a list of Do's and Don'ts that they have to follow after the surgery to make sure they recover quickly and uneventfully from the surgery, and get exactly what they want. Here is a list of general Post Operative Instructions that Dubai Cosmetic Surgery Clinic provides its clients as they get ready to go under the knife to enhance their appearance.

Arrange some adult to stay with you:

After a major surgery, you will not be able to take care of yourself alone. Arrange some responsible adult who could stay with you for 24 hours at least. Also, have everything ready at home so that you don't have to worry about small day to day tasks for at least 24 to 48 hours.

Relax following your surgery:

The key to quick and uneventful recovery after any type of surgery is rest and relaxation. Every surgery, be it minor or major, takes a toll on your body, causing you to feel lethargic and low on energy. Take as much rest as possible to regain lost energies. Avoid indulging in physical activities for at least a week.

Have some walk the evening following surgery:

Rest is no doubt crucial for quick recovery, but this does not mean you should remain completely bed ridden for a week after the surgery. Make sure you are up and out of bed for a walk on the eve of the surgery. This is essential to avoid blood clotting in legs. Climbing stairs or brisk walk is however not allowed.

Take shower on the second day:

Most surgeries don't prevent the patient from taking shower for more than 24 hours. You can take shower on the second day after the surgery, but only after discussing with your surgeon. However, most surgeons believe that it is completely safe to take shower 36 to 48 hours after any surgery, but you need to take care of the wounds.

Avoid blood thinners for at least two weeks:

Aspirin, Ibuprofen and other pain medications from these families fall under the category of blood thinners. Consuming any of these medications can interfere with blood clotting, thereby affecting the

healing process. Your doctor will prescribe you some pain medications and muscle relaxants. Stick to them strictly.

Take your antibiotics regularly:

Your prescription will also contain some antibiotics to help speed up your healing process. Start taking antibiotics immediately after the surgery, as prescribed by the surgeon. Never compromise on them and don't miss even a single dose until the wounds have completely healed, it usually takes 3 to 5 days depending on invasiveness of your surgery.

No smoking for at least two weeks:

Smoking could be extra hazardous after the surgery as it can completely ruin the results of procedure by hindering healing process. Nicotine in cigarettes causes constriction of blood vessels, affecting blood supply to the treated areas. This affects healing process, ultimately affecting the outcome of the surgery.

Avoid alcohol for a week at least:

Like smoking, alcohol and drugs also affect your healing and recovery. Don't drink alcohol or alcohol containing drinks for 7 to 10 days after the surgery. Even after that, excessive drinking should be avoided.

Follow these instructions for a quick, uneventful recovery and get the most out of your painful and expensive surgery.

Schedule a Free Consultation:

If you still have any confusion or you are interested in a procedure, fill the consultation form below and earn a FREE CONSULTATION with one of our internationally recognized cosmetic surgeons.

