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What to expect following body contouring surgery

1. You will feel very stiff following surgery. Some of the stiffness is related to fluid retention. You should try to keep your extremities elevated when you are sitting. Some type of activity, such as light walking, may be helpful.
2. You may have drainage following surgery. This may be either through a drain device, which you will receive instructions to care for, or you may experience seepage of fluid through your incision. This is expected after surgery and is nothing to be alarmed about. This drainage will subside within 24 - 36 hours. It may be helpful to have a plastic bag available to put on your furniture where you will be lying or sitting.
3. After surgery, you will be wearing some type of garment for compression. It is of extreme importance that you wear this as instructed. You will wear it continuously for 5-7 days. During this time you are not permitted to remove it for any reason unless cleared by your doctor.
4. You may notice foam padding and / or tape on your skin under your garment. This will stay in place until removed by the doctor. You may, however, feel itchy after several days. For this itch, you may take over the counter Benadryl.
5. Because of the compression of the garment, you may notice some swelling in your lower legs, ankles and feet. This is common, and can be relieved by elevating your legs.