

## Dream Home Health Care

### Recovering From Cosmetic Surgery

Ask somebody to stay with you for the first 2 or 3 days **at the very least once** you are back home. This is especially important if you live alone and had major surgery that results in serious pain. ***Dream specializes in post cosmetic surgery recovery assistance.***

Stock up on groceries, water, and other household essentials so you don't have to leave the house for the first couple of days after the surgery, or ***let us shop for you.***

Talk to your doctor about what to expect after surgery. Make sure you understand the degree of pain and discomfort you will be in and your options for dealing with it. ***We can help with whatever pain management therapy is required.***

Give your body enough time to recover. Try to schedule your surgery near the weekend so you have more time to rest. You also may want to take vacation time off of work to recover.

Ask ahead of time about the timing to return to daily activities, from showering to going back to work. Some types of cosmetic surgeries only require a couple of days' rest, while others will require that you take significant time off.

Stay in bed or relaxing at home as much as possible to recover quicker. Do not exercise or perform any type of heavy physical work until your doctor approves it. ***One of our in-home health care staff members can help you slowly begin to get back in shape by walking with you.***

Avoid driving if you are taking any kind of medication that may produce drowsiness or affect your coordination. ***We will drive you wherever you need to go, including surgical follow up visits.***

**Call Dream Home Health Care as part of your pre-surgery planning.**

**It is essential to your recovery and will help insure the best results.**

## Q & A: RECOVERING FROM PLASTIC / COSMETIC SURGERY

From the American Society of Plastic Surgeons

### What is recovery from plastic surgery like? Will I be able to tolerate the pain post-operatively?

Each patient will tolerate pain post-operatively in a different way, and we consider this. While some patients may describe the pain as an ache, others experience greater discomfort. Appropriate pain medications are prescribed for the post-operative patients, and these help minimize discomfort. Most facial cosmetic operations have minimal discomfort post-operatively. Liposuction is slightly more uncomfortable, and operations that require elevation or tightening of the muscles—such as an abdominoplasty or breast augmentation have discomfort equal to that of a C-section.

### How long is the recuperative period and when can I return to work?

The length of time it takes to **recuperate after plastic surgery** varies depending on the procedure performed and the person operated on. Most patients will require assistance for the first two days. Then most patients are able to care for themselves, but may still need assistance if they have small children to care for. These are approximations of some common types of surgery, and do not include return to exercise:

**Eyelid Surgery** - With the use of sunglasses, may feel comfortable going to the store by day 3-4, and with makeup could return to work by 5-7 days.

**Facelift Surgery** - Usually do not feel comfortable going out in public for 5-7 days; requires 10-14 days before returning to work if in the public eye.

**Breast Surgery** - May return to work at 5-7 days if not required to lift more than 15 pounds.

**Liposuction** - One can return to work and normal activities in 5-7 days.

**Abdominoplasty** - Patients may take between 2-4 days before getting around independently. The recovery is almost identical to C-section. One can return to a desk job at 5-7 days, other jobs 10-14 days.