



PRE AND POST SURGERY CARE

As with any other surgical procedure, Pre and Post-operative care is imperative in the case of cosmetic surgery as well. Following the pre and post-operative advice of your cosmetic surgeon could well be the difference between a stellar result and a mediocre one

FOUR WEEKS BEFORE SURGERY

Practice proper fitness.

You do not need to engage in an aggressive or new fitness routine; however practicing good fitness habits is an important factor in your overall health and well being. Upper body stretches and low-weight strength training now, can help to enhance your posture and your strength in the weeks following surgery.

Good nutrition

Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential.

Stop smoking.

Smoking can greatly impair your ability to heal. You must be non-smoking at least 3 weeks prior to and after surgery. Nicotine patches or nicotine based products are not advised. The chance of developing keloid scars are greatly increased if you do smoke.

Lead a healthy lifestyle.

In the weeks prior to surgery, maintain the best of health and hygiene. A lingering cold, virus, or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.

Time off and restrictions

You will need about 10-14 days after surgery to remain in Thailand to enable post surgery checkups, stitches removed and to recover from surgery. However, you must avoid activities that increase your blood pressure and/or heart rate for at least 3 weeks after surgery. And, you should not lift things greater than 20kgs for the first 6 weeks after surgery

Support person.

It is highly recommended to travel with a support person. We do understand that this is not always possible and will assist you with matching you to other single travellers having surgery at the same time as you are. Your support person must be a responsible adult. This is important for your health and safety after surgery. Teenagers (under 18 years of age) such as children, relatives, or friends are not really acceptable support persons. A close support person is encouraged. Such a person can be very helpful during your pre and post-operative visits and on the day of surgery at the Hospital surgery centre. A husband, boyfriend, or other close friend can provide nice companionship and emotional support during this exciting time. (Their presence for pre and post-op office visits, however, is not a requirement). If you are unable to take a person with you please advise our staff so we can make the necessary arrangements to ensure that you can care for yourself after surgery. Different Procedures require different level of care and support. Please talk to our staff about your chosen surgery pre and post care.

Relax and enjoy life. Stress and anxiety over life's daily events, and even your planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of surgery is something you must discuss with our staff. We are here to support you and answer all of your questions. We want your decision to be one of confidence

TWO TO THREE WEEKS BEFORE SURGERY

This is an important planning and preparation time. Follow all of the good health habits you have begun in addition to the following:

Prepare and plan.

Ensure that you have checked all your travel documents are in order, correct name spelling on flights is essential. You will receive your Meditravel Pack at least 4 weeks prior to your departure containing all your surgery schedule information and travel including transfers. Leave a copy of your travel and surgery schedule with a person at home with Meditravel contact details so that they know where and when you should be somewhere, this helps with your friends



and family at home anxiety about you travelling overseas for surgery. Put your schedule together for the day before, day of and first few days following surgery. Share this with all of your key support people. Please make arrangements prior to surgery to accommodate your scheduled post-op visits. Your first post-operative visit with us will be with your surgeon at the hospital; 7-10 days after your surgery, we will arrange your transfer to and from this appointment.

Shop for your post surgery Compression Garments: and scar Treatment products

we stock a full range of compression Bras and Garments that are essential to your post surgery recovery

STOP taking the following medications/supplements two weeks before and after your surgery. Taking any of the following can increase your risk of bleeding and other complications:

Aspirin and medications containing aspirin

Garlic Supplements

Ibuprofen and Naproxen sodium anti-inflammatory agents

Green Tea or green tea extracts

Vitamin E

St. John's Wort

Estrogen supplements, birth control pills, and hormone replacement therapy

Alternative Contraception.

The cessation of birth control pills prior to surgery leaves you at risk for pregnancy. Please use alternative forms of contraception during this time to prevent pregnancy

ONE DAY BEFORE SURGERY

Pack your bag for the day of surgery. This should include:

All paperwork

Warm, clean cotton socks

Your identification (passport)

Change of clothes

Compression Garments

Nightwear

Toiletries

Do not eat or drink anything after Midnight.

Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, and mints.

Relax.

Get plenty of rest and avoid unnecessary stress.

Sleep

Restlessness the night before surgery is expected.

THE DAY OF SURGERY

Shower as directed.

Shampoo your hair. Do not use any scented skin creams or moisturizers. Do not use any deodorant, hair spray, perfume, or cosmetics. Remove Nail polish

NOTHING by mouth.

Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, and mints.

Dress appropriately.

Do not wear cosmetics, jewellery of any kind, contact lenses, hair clips, body piercing: (If there is something you cannot remove, let the admitting nurse know right away.)

Wear comfortable, clean, loose-fitting clothing.

Wear only a top that zips or buttons up the front. Do not wear pullovers, turtlenecks, or any tight-fitting top or bottom. You may bring a robe. Wear slip on shoes. Wear clean cotton socks, as the operating room can feel cool.

It's good to be excited and normal to be a bit nervous.



This is your big day! Now that you are ready, the most important things you can bring to the surgery centre are enthusiasm and a strong positive mental attitude. We have a great team ready to take care of you!

GENERAL POST- OPERATIVE INSTRUCTIONS:

It is imperative after surgery that you follow your surgeon's instructions to avoid complications and ensure the best possible results from your procedure. Your specific instructions will vary depending on the surgery performed. However, there are some general post-operative care instructions to keep in mind.

Following surgery, Hospital medical staff recommends that you avoid activities that could hinder the healing process, such as smoking and drinking alcoholic beverages. We also suggest that you take at least 2 weeks away from your daily routine as well as any strenuous activities, allowing yourself time to rest and recuperate.

You should not take any drugs containing aspirin, as they will increase bruising and may even cause internal bleeding.

Your surgeon may have prescribed you Pain Relief these products may contain Codeine, an ingredient that can cause constipation. If you are taking Pain medication, it is important that you drink plenty of fluids and stay on a high fibre diet. You may also find a laxative such as Nulax to be suitable during this time.

Your stitches will be removed a 7-10 days after surgery. To assist with the healing process and make scars less visible, You can purchase Hyper heal cream for scar recovery or Silicone sheeting that can greatly assist with scar recovery and minimizes the scars. This is now available from Destiny Meditravel website shopping section. Please read the Client section on scar treatment on the website

Many patients become depressed during the transition period following surgery, as their bruises and scars have not yet healed. However, it is important that you stay positive during this time. This is where your support person will come in handy .You may consider seeking advice from a beauty therapist or hair stylist on how to enhance your new appearance with makeup or a new hairstyle. This is a good way to boost your confidence.

Your surgeon will always schedule you for a follow-up appointment. However, if between surgery and the follow-up you experience any of the following symptoms, it is important for you to contact them immediately:

- Excessive pain or bleeding
- Fever
- Abnormal swelling

Wear your compression Garments

Why do I need a high quality garment for my post surgical procedure?

Wearing an exceptionally high quality garment will help the recovery process by: · Reducing swelling (edema)· Helps flush harmful fluids from body by compressing the skin Compression flushing reduces bruising and infection· Helps aid in the process of contouring and shaping your body

Why buy two compression garments?

We suggest and recommend you purchase 2+ garments. Since your doctor will dress you in our garments to keep continuous pressure post surgery, it is imperative that you keep the area where you had surgery completely compressed and well covered at all times for the first 6 weeks. Also while you wear one compression garment, you may launder the other.

What is a Post Surgical Compression Garment?

A post surgical compression garment is used to help aid in the recovery of all plastic, cosmetic, thoracic, general and oncological surgery procedures. The main focus of the products is to help reduce the swelling and heal the area of treatment quicker.

What is a Post Surgical Bra?

A post surgical bra is a compression bra used to help aid in the recovery for all breast surgery recovery procedures. Post surgical bra's help reduce swelling in your breasts after the procedure is complete.

What is an Abdominal Binder?

An abdominal binder is a binder that wraps around the abdomen area after a procedure such as abdominoplasty or tummy tuck has been performed

For the most popular treatments, here's what to expect:



Breast Augmentation: Swelling is unavoidable post-operative but is likely to dissipate from a few days to a few weeks. Wearing a compression Bra can assist with the swelling. Bruising is minimal but varies from patient to patient. Scars are usually hidden under the breast folds, the armpit, or around the areola.

Facelift: The major swelling and bruising lasts for at least a week. Outdoors, you can wear sunglasses and scarves. It is very important to always apply sun screen to protect the scars from the sun, as they are photo-sensitive after surgery. After a week, the residual bruising and swelling can be covered with makeup, but the final result may not be seen for a couple of months.

Liposuction: After liposuction, you will be recommended to wear a compression garment for a couple of weeks to reduce swelling and bruising. After a couple of days, you may remove the garment for bathing and showering, and during this time, you can gently massage the area with vitamin e cream. This will help with circulation and healing. The small stitches will be removed after about a week. After a week or 2, massaging becomes important to drain the scar tissue underneath the skin. It is also important to drink lots of water to re-hydrate the body, and this will also help with eliminating toxins and reducing cellulite.

Lymphatic drainage massage are very helpful 2-4 weeks after surgery to remove toxins from the body

Tummy tuck: Even though tummy tucks will leave a long scar, there are many things that can help healing. Swelling and bruising will last a couple of weeks, and expect the scar to look like a fresh incision. Many patients say that this can be helped with silicone creams or patches, After a few months, the scar will gradually fade with time, and most people feel back to normal completely after 6 months. People who opt for a tummy tuck will 'trade off' the scar for a flatter stomach.

Before embarking on any surgery, we advise you to read up as much as possible about your treatment.

We are dedicated to doing all we can to make your surgical experience with us as comfortable as possible