

Recovery Checklist

Recovery from plastic surgery is a journey. Use this checklist to stay on track and support your healing process.

- Get everything ready for your recovery ahead of your surgery.
- Follow your surgeon's wound care instructions, including details for dressing and stitches.
- Wear prescribed postoperative garments.
- Eat a balanced diet rich in proteins, vitamins and whole foods.
- Stay hydrated by drinking plenty of water daily.
- Avoid restricted foods, like sodium, as it can cause postoperative swelling.
- Walk briefly every hour in the days after surgery to promote circulation.
- Avoid heavy lifting and exercise until your surgeon clears you, which is typically 4-6 weeks after your procedure.
- Use scar treatments as recommended by your surgeon.
- Get a tissue massage, if advised, to reduce stiffness and support healing.
- Regularly check in with your care team to ensure progress and address recovery concerns.

