



Surgery Post Surgery



Procedure	Length of Procedure	Anaesthetic	Dressings	Support Garments	1st Follow Up	Aspirin	Showering
Breasts							
Breast Augmentation - Implants	1.5 hours	General					
Breast Augmentation - Fat Transfer	1.5-3 hours	Local					1 week when dressings are removed
Breast Reduction (Mammoplasty)	1.5-2 hours	General	1 week	6 weeks - 12 weeks	1 week		
Breast Reduction with Liposuction	2-3 hours	Local					
Breast Uplift (Mastopexy)	2-3 hours	General					
Breast Augmentation & Uplift	2-3 hours	General					
Liposuction							
Liposuction - 1 Area	1 hours						
Liposuction - 2 Areas	1 hours	Local / General	1 week	6 weeks	1 week		1 week when dressings are removed
Liposuction - 3 Areas	1-2 hours						
Liposuction - 4+ Areas	1-2 hours						
Tummy							
Full Tummy Tuck (Abdominoplasty)	2-3 hours						
Mini Tummy Tuck	2-3 hours	General	1 week	6-8 weeks	3 days		1 week when dressings are removed
Full Tummy Tuck with Liposuction	area dependant						
Face							
Fat Transfer	1 hour	Local		N/A			1 week when dressings are removed
Facelift	2-3 hours	General	No dressings	2-4 weeks	6-7 days		As normal
Facelift & Browlift	3-4 hours	General		2-4 weeks		2 weeks before and after	As normal
Eyes							
Upper Eye Lift (Blepharoplasty)	1 hour	Local / General					1 week when dressings are removed
Lower Eye Lift (Blepharoplasty)	1 hour	Local / General		N/A	6-7 days		
Upper & Lower Eye Lift	2 hours	General					
Brow Lift (Endobrow)	1.5 hours	General					
Ears							
Labiaplasty	1 hour	General		N/A			1 week when dressings are removed
Nose							
Nose Reshaping - Open Rhinoplasty	2.5 hours	General	10 days	N/A	5-10 days		1 week when dressings are removed
Nose Reshaping - Closed Rhinoplasty	2.5 hours						
Nose Reshaping - Tip Correction	1-2 hours						
Other Body Procedures							
Labiaplasty	1 hour	General	No dressings	N/A			As normal
Arm Lift	2-3 hours	General	7-10 days	6-8 weeks	1 week		1 week when dressings are removed

Travel	Short Haul	Long Haul
	Patients are ok to travel.	Patients are advised to wait 2-4 weeks after all surgery procedures.

Daily Activities & Social Life Full Recovery



Procedure	Back to work	Exercise & Sex	Swimming	Contraceptive Pill	Sun exposure	Smoking & Alcohol
Breasts						
Breast Augmentation - Implants						
Breast Augmentation - Fat Transfer						
Breast Reduction (Mammoplasty)	2 weeks	4-6 weeks				6 months
Breast Reduction with Liposuction						
Breast Uplift (Mastopexy)						
Breast Augmentation & Uplift						
Liposuction						
Liposuction - 1 Area						
Liposuction - 2 Areas	7-10 days	3-4 weeks				6 months
Liposuction - 3 Areas						
Liposuction - 4+ Areas						
Tummy						
Full Tummy Tuck (Abdominoplasty)						
Mini Tummy Tuck	2 weeks	4 weeks				6 months
Full Tummy Tuck with Liposuction						
Face						
Fat Transfer						
Facelift	2 weeks	4 weeks				6 months
Facelift & Browlift			6 weeks	Stop for 1 month	3 months	6 weeks pre/ 3 mths post
Eyes						
Upper Eye Lift (Blepharoplasty)		3 weeks				
Lower Eye Lift (Blepharoplasty)	2 weeks	3 weeks				6 months
Upper & Lower Eye Lift		3 weeks				
Brow Lift (Endobrow)		4 weeks				
Ears						
Ear Pinning (Pinnoplasty)	7 days	3 weeks				4 months
Nose						
Nose Reshaping - Open Rhinoplasty	2 weeks					
Nose Reshaping - Closed Rhinoplasty	2 weeks					1 year
Nose Reshaping - Tip Correction	10-14 days					
Other Body Procedures						
Labiaplasty	10 days	6 weeks				
Arm Lift	2 weeks	4-6 weeks				6 months