

## Body by Bradley

### I. COMPRESSION GARMENT:

- Must be worn 24/7 for first 21 days. **NO EXCEPTIONS.**
- Remove only to wash incisions with Hibiclins and water followed by hydrogen peroxide. ALWAYS use fresh 4x4 gauze; never a washcloth.
- Your first shower will be after you are seen in follow up in the office, then every 4 days there after for the first 21 days.
- As you begin to heal, your compression garment will become loose. You must obtain a smaller garment and/or have your garment altered by a seamstress/tailor. The compression garment **MUST ALWAYS** fit you snug enough that it is never easy to button-up and you should never be able to pinch the fabric away from the body. The alterations should be done to the areas of the garment over the back/side to contour your waist like a corset. I recommend buying a second garment so that you have one to wear as you wash and dry the other garment.
- **Never allow the garment to become creased across the abdomen/front** otherwise these creases WILL become permanent creases in your skin. Always maintain correct straight posture while sitting and standing to avoid creases across abdomen.
- You must wear garment 24/7 for first 8 weeks. After, 21 days you may remove garment daily to shower and to perform massages to abdomen.
- After 8 weeks wearing compression garment 24/7, you are to wear the garment only at night for an additional 4 weeks.
- You can wear compression garment more extensively than outlined above if you feel you benefit from longer use (More is better when it comes to Post-Op compression)

### II. POST-OP COMPRESSION FOAM:

- At your first Post-Op visit (Or when you are no longer draining from any of the incision sites) you need to apply foam pads as instructed. One pad to each flank/ back area and the third piece of foam to the abdomen.
- Be sure edge of the foam pieces fit together in the front like edges of a jig saw puzzle. Edges **MUST** abut one to another **NEVER OVERLAP**. A small gap is ok, over-lapping is never ok.
- You may place foam over a tight fitting undergarment like a camisole. The garment should be made of spandex type of material so that the garment fits tightly with no possible way of having wrinkles in the fabric upon placing the foam pads. You may apply talc powder or corn starch to the skin before placing the undergarment to make wearing the foam pads more tolerable.
- Foam pads **MUST** be worn for the first 3 weeks 24/7. Removing only to shower every 4 days.

- After 21 days, you may wear foam at night only for a couple more weeks. You no longer need the foam at night when there no longer a "Foot print" from the foam pad upon the underlying skin.
- Replace foam pads as they thin out (Usually at 3 weeks).

### III. MESSAGE TO ABDOMEN:

- Beginning at 3 weeks Post-Op (When you are to begin wearing foams only at night time) begin massage to abdomen daily. Continue daily abdomen massage and MLD (Manual lymphatic drainage) until abdomen skin is as mobile and soft as if you never had [liposuction](#).
- Any firm areas lumps or bumps you may feel is your scar tissue and these areas must be massaged a couple times daily until they resolve or they will become permanent.
- You may go to a professional a couple times a week for a week or two, but days you are not seen by a professional you MUST perform massage and MLD at home on your own. If you choose to do the massage + MLD on your own, you must continue daily until your entire abdomen is soft and smooth.

### HOW TO PERFORM MESSAGE AND MLD AT HOME:

- Buy a personal vibrating massager with a 1"-2" round head. These can be obtained online or at some pharmacies like Walgreens. Avoid the large Round heads or multiple heads in that. You want to be able to develop significant pressure and depth while using device.
- Apply baby oil or coco butter to skin after you come out of shower and the skin has been warmed up. Use massager for 10 minutes (set timer to assure complete 10 minutes of use). Use massager in circular manner, up, down + sideways to cover every square millimeter of liposuctioned area of abdomen.
- This is followed by 5 minutes of MLD.

### MLD (Manual Lymphatic Drainage)

- Use heel of hand and firmly press into skin and then push down to groin area of lower abdomen.
- Perform this in different directions from ribs to groin for full five minutes.
- You know the massage + MLD was done correctly and with enough pressure if your belly smoother and softer after your first treatment. If next then more vigor + pressure must be used during massage + MLD
- Perform this daily until abdomen is soft and smooth.
- Any lump or bump must have massage + MLD performed to these problem areas 2-3 times per day until they disappear. These lumps will go away if you are diligent about massage + MLD DAILY.
- Wearing foam and proper fitting compression garment as instructed will make the massage + MLD much easier and decrease chance of lumps + bumps.

#### IV. FAT GRAFTING

- Stay off all fat grafted areas of buttock for minimum of 21 days. No exercising for minimum of 21 days
- If your back hurts from lying on your belly, place a firm pillow under your hips to produce a break in the lower back
- Always sit on the back of the thigh for first 21 days.
- Failure to follow these instructions will result in loss of grafted fat.

#### POST OP MEDICATION USE

- IBUPROFEN TABLETS (800MG): one as soon as you return home then continue one tablet every 8 hours (or 3 times/day) for 10 days. Do not miss a dose. Always eat something or drink milk with ibuprofen to decrease upset stomach.
- KEFLEX (Cephalexin 500MG capsules 2 capsules (1000mg) every 8 hours (three times/day) for 3 days. May take with ibuprofen.
- NARCO (7.5/325MG): 2 Tablets every 4 hours. Start as soon as you get home. Continue for full 24 hours then switch to plain Tylenol (650mg) every 4 hours. May continue Narco 2 tablets before bed for a couple of nights. Always allow 4 hours, between narco and plain Tylenol use. There is Tylenol in the narco too much Tylenol can harm the liver.
- Narco is very constipating begin milk of magnesium 2 table spoons every night and Metamucil with plenty of water every morning while taking Narco.