

Post-Op Care Instructions

*Number of Days
After Departure

Wound & Swelling Care

Physical Activity

Food & Drink

Day 1-19*

(1st Post-Op Call)



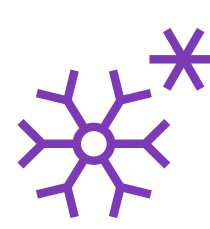
• **Weeks 1-2:** Sleep elevated with 2 pillows; avoid lying flat.



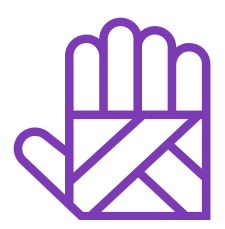
• Clients should avoid excessive sun exposure for up to a year. Use sunblock, hats, or umbrellas—especially if scars are in sun-exposed areas.



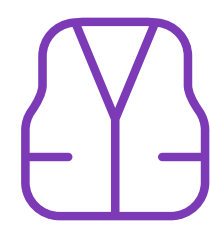
• **Clean wounds per doctors instructions;** apply Afrin/Sterimar if needed.



• Ice the area for 20-30 minutes on & off during the first day.



• Do not remove tapes for 8-20 days (varies by surgery).



• Wear compression garments to reduce swelling and tighten your skin.

• No saunas or steam for 1-2 weeks.

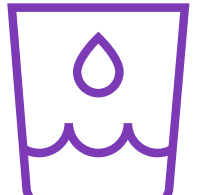


• **Weeks 1-2:** Bed rest.

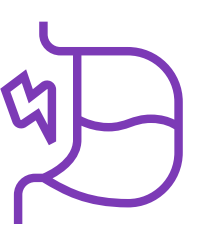
• No bending, lifting, or strenuous activities.



• Avoid excessive talking, yelling, or facial strain
(specifically for clients with facial procedures, to prevent swelling or unnecessary strain).



• Stay hydrated and eat nutrient rich meals.



• Avoid harsh spices, seeds, and dairy.



• Avoid gas or constipation-causing foods.

• Consume soft foods
(specifically for clients with facial procedures).

Day 20-90*

(2nd Post-Op Call)



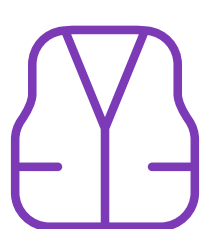
• **Weeks 3-4:** Continue sleeping with 2 pillows under the head to stay elevated.



• Clients should continue to remain covered and avoid direct sun for prolonged periods.



• **Keep cleaning wounds as directed.**



• Follow your surgeon's advice on compression wear.



• If you were directed to keep your tapes on longer, and tapes are peeling, confirm with your doctor if tape removal is ok.



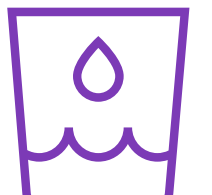
• Check with your surgeon if you may begin massaging the healing areas.



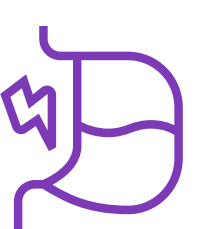
• **Weeks 3-4:** Gradually resume light activity like walking; gentle stretching is okay if you feel ready.



• Listen to your body—rest if needed and avoid heavy lifting or intense exercise for 1-2 more weeks.



• Stay hydrated and eat nutrient rich meals.

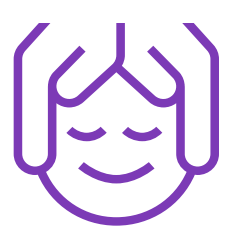


• Avoid harsh spices, seeds, and dairy.

• Slowly start to ease into your normal diet.

Day 91-180*

(3rd Post-Op Call)



• If needed, gently massage scar tissue to support healing. Swelling should be mostly gone—keep an eye out for any new discomfort.



• Moderate sun exposure is acceptable — use sunscreen to prevent discoloration.



• You should be back to light-to-moderate activity.

• Maintain healthy movement for the best results.



• Resume your normal diet.

Day

180-364*

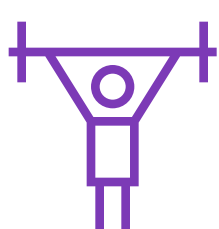
(4th Post-Op Call)



• Scars should be fading and inflammation gone. Let us know if you notice any tenderness or changes.



• Continue sunscreen use for best long term results.



• You should be back to full activity, including intense exercise. Keep moving and maintain a healthy lifestyle.

Day 365*

(5th Post-Op Call)



• Scars should be healed or faded with minimal visibility.

Thank You For Choosing TreVita!

TreVita and the medical team want to thank you for choosing us for your procedure. We are grateful for the trust you've placed in us and want to remind you that we are always here for you. Please don't hesitate to reach out if you need any assistance moving forward.

TreVita Phone Number:

(619) 354-7492

TreVita Email:

coordination@trevita.com



Medication

Take all medication as directed



Progress Tracking

Send weekly progress photos (preferably Saturdays) via the photo submission link