



MIA & PRESERVE POST-OPERATIVE CARE INSTRUCTIONS

Wound Care & Dressing

- Your dressings must stay clean, dry, and intact until your scheduled change at the clinic
- Do not touch, wet or change the dressings yourself unless instructed
- If the dressing becomes soaked, loose, or falls off, contact the clinic to arrange a dressing appointment

Scar & Skin Care

- Apply scar treatment products as instructed:
 - Silicone Gel (apply after the secret serum has dried)
 - Silicone sheet once the gel dries (if instructed by Dr. Dora)
 - You may apply arnica gel gently to reduce bruising, at the bruised areas
- Protect scars from direct sun for at least 12 months.



Support Garments

- Wear your surgery bra and binder continuously for 2 weeks (remove only when showering), day and night, unless instructed otherwise
- After 2 weeks you can replace your surgery bra with a support bra (any bra that supports against gravity)
- Avoid underwire or tight bras until cleared by the doctor
- Keep garments clean; we recommend hand-washing and air-drying

Expected Recovery

- Bruising, swelling, and a feeling of tightness are normal in the first weeks
- Final results may take few months to settle as swelling subsides

Showering

- Use mild soap and lukewarm water
- Gently pat dry with clean towel or gauze, do not rub the incisions
- Do not submerge your chest in baths, swimming pools, or hot tubs until the doctor confirms it is safe

Medications

- Take prescribed medication as directed

Returning to Normal Activities

- **Work:** Most patients can return to office work or light duties after the 24 -48 hours depending on healing progress
- **Driving:** Safe to resume once you are no longer taking strong pain medication and can comfortably control the steering wheel, usually after 48 hours
- **Exercise and Bending for Prayers:** Light lower-body activity may resume after 1 week. Avoid chest or upper-body training for at least 1 week or until cleared by the doctor

Activity & Positioning

- Rest with help at home during the first days after surgery
- When lying down, rest on your back with your upper body slightly elevated. Do not sleep on your stomach or side
- Gentle walking is encouraged starting Day 1 to support circulation
- Avoid lifting, pushing, or pulling heavy objects for at least 2-3 weeks
- Using your arms for light, daily activities (eating, writing, self-care) is safe and encouraged, but do not lift your arms higher than shoulder level for the first 7-10 days



Follow-Up Schedule

- First dressing: 24 hours - 48 hours after the procedure, for wound dressing at the clinic
- First week and second weeks: every 2–3 days for wound checks/dressings at the clinic
- Minimum Follow ups with Dr. Dora:
 - 1st week from surgery
 - 2nd week from surgery
 - 1 month from surgery
 - 3 months from surgery
 - 6 months
 - Annually

Lifestyle Guidance

- Stay hydrated and eat a low-inflammatory diet rich in lean protein, vegetables, and omega-3s
- Avoid smoking, vaping, or nicotine in any form, this compromises healing
- Avoid alcohol for at least 2 weeks
- Take recommended supplements for healing and recovery
- Avoid sugar to reduced inflammation and better healing



Warning Signs

- Sudden or increasing swelling in one arm
- Severe pain not relieved by medication
- Redness, warmth, foul odor, or pus from the incision
- High fever ($>38.2^{\circ}\text{C}$)
- Shortness of breath or chest pain, or any other newly appearing symptom that worries you

Important

- These are general guidelines. The doctor may modify or change instructions depending on your healing progress

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