

MLD CLIENTS POST SURGICAL AT HOME INSTRUCTIONS

Diet & Exercise



DIET

- Increase foods high in healthy fats, proteins, and electrolytes. (See the list on healthy, high fat foods)
- Avoid iron inhibitors, food high in sugar and carbs, and minimize dairy intake.
- Increase leafy greens.
- Abstain from consuming any alcohol until 6 weeks post-op. Alcohol may slow healing time.

HYDRATION

Hydration is important in your recovery journey. The goal is to drink a little over half of your body weight in ounces. The chart on the bottom right shows how much your daily water intake should be based on your weight.

MOVEMENT

- Movement is crucial to increase blood flow and improve healing.
- Follow the exercises given to you by your MLD therapist (See last page.)
- Walk. Set a goal to walk 1000 steps per day x however many weeks post-op you are.
- You may start/resume a low-intensity and non-weight-bearing workout routine at week 6. You may return to a normal workout schedule at 8 weeks post-op.



HOW MUCH WATER SHOULD YOU DRINK?

BODY WEIGHT	WATER INTAKE	8 oz GLASSES
80 lbs	40 oz / 1.2 L	5
100 lbs	50 oz / 1.5 L	6
120 lbs	60 oz / 1.8 L	8
140 lbs	70 oz / 2.1 L	9
160 lbs	80 oz / 2.4 L	10
180 lbs	90 oz / 2.7 L	11
200 lbs	100 oz / 3 L	13
220 lbs	110 oz / 3.3 L	14
240 lbs	120 oz / 3.5 L	15
260 lbs	130 oz / 3.8 L	16
280 lbs	140 oz / 4.1 L	18
300 lbs	150 oz / 4.4 L	19

HOW TO FEED THE FAT

When you have a fat transfer, those cells need to be properly nourished to provide the best chance of retention. Your body needs healthy, macro fats!

- Avocado
- Almonds
- Walnuts
- Peanut Butter
- Olives
- Pistachios
- Ground Flaxseed
- Fresh Fish
- Sunflower Seeds
- Pumpkin Seeds
- Edamame
- Lean Beef
- Duck
- Chicken Thighs
- Spirulina
- Egg
- Whole Milk
- Cheese
- Chia Seeds
- Whole Butter
- Coconut
- Ice Cream
- Tofu
- Yogurt
- Lean Pork

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Posture & Positioning



Sitting

(After a BBL) You may start sitting using a BBL pillow at 3 weeks post-op in 30-minute increments with short movement breaks in between. You may start free sitting without a pillow at 8 weeks post-op.



Driving

(After a BBL) follow sitting instructions. (After a lift) You may start driving again once you have control of your core abdomen. Be aware of how you are positioned and try not to lean to one side more.



Flying

You are free to fly as needed, minding the above sitting parameters. Note: the internal cabin pressure may cause swelling to rise, but this should be temporary.

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Compression

COMPRESSION GARMENTS

Camisole: fitted, not oversized compressive wickering tanks.; change every day or as needed based on perspiration.

Foams: insert foams inside garments by day 3; there should be one on either side and then another placed in-front closing gaps on top of the camisole compression tank. Wear 3-8 weeks post-op. Your therapist will help to determine when to remove them.

Socks: Compression socks with an mmHG of 15-20 should be worn 10-14 days post-op and any time you fly. If you had a fat transfer to your hips or thigh lipo, avoid thigh-high compression socks.

Bra: get a broad full high compression bra; avoid racerbacks or thin straps. Wear for 4 weeks post-op.

FAJAS & STAGES

Stage 1: Stay in your stage 1 garment or medical binder no longer than 7 days post-op.

Stage 2: On day 8, switch to a stage 2 garment. Use extenders as needed to safely grow into your stage 2 garment. The stage 2 faja is to be worn until 8-12 weeks post-op. Your therapist will work with you to slowing decrease your faja usage.

Stage 3: Stage 3 fajas are optional past this post, but may be worn to enhance results.

Note: Garments are to be worn 21 hours a day for best results for the first few weeks. For hygiene safety, keep 2-4 clean garments in rotation. Do not shower in or dry your garment in a dryer.

BOARDS

3-12 weeks post-op

AB BOARD

- Make sure it fully covers the length and width of your torso.
- This goes on top of your front abdominal foam.
- Note: ab boards should never be used without foam.

BACK BOARD

- Use tall lumbar back board with tip pointing down.
- This goes on top of your camisole.





Homework

1. Pump the Terminus x 10 daily.
Place fingers behind the clavicle bone and pump gently.
2. Pump the Axillary area x 10.
This is the area underneath your arm pit. Remember to stretch skin towards the back and then up into the arm pit.
3. Inguinal area or Inner Thigh and leg area. Stretch skin towards the inner leg and then up towards the heart
4. Breathe! Take a deep breath, forcefully blow the air out and then pump lightly.

Kathy Phillips

YOUR MLD POST OP THERAPIST*** QUESTIONS? TEXT 864-214-5963