



Kavali
Plastic Surgery

POST-OP GARMENTS FOR ABDOMINOPLASTY and/or LIPOSUCTION

You will receive an abdominal binder at the completion of your surgery. If you have had only abdominoplasty with liposuction of your trunk (excluding thighs and lower hips, arms, etc), this binder will be all you need during your recovery. You may choose to purchase one of the garments listed below, just to have a second garment available.

If you have had liposuction of the thighs, lower hips, arms, etc, then you will need an additional garment, such as one of those listed below.

1. Garments Select-- Call my office to order these first-stage and second-stage garments. First-stage garments have hooks and zippers that make them easier to put on right after surgery, while second-stage garments do not.
2. Spanx Powerpants--Rich's, Saks. These are second stage garments.
3. Maidenform Flexees-Macy's. These are second stage garments.
4. Nancy Ganz Body Slimmers--Rich's, Saks. These are second stage garments.

The garment you choose should sit high enough on your abdomen to cover all treated areas. It should be long enough to come just below the treated areas (this might mean finding a garment that extends to mid-thigh or below the knee).

These compression garments need to be worn after surgery to help with swelling.

You should wear your garments for six weeks following surgery. Remove the garment for laundering or if you just want a brief break from it.

You may change into these purchased garments anytime after surgery (even the same day, if you so choose). A good website to use for less expensive garments is www.imed.com for T.E.D hose