

HEALING TIMELINE & RECOVERY GUIDE

Patient Name: _____
Procedure Date: _____
Procedure: _____
Surgeon: _____

DAYS 1 - 3

Acute Recovery

Maximum swelling and bruising. Focus on rest, hydration, and prescribed pain management. Keep head elevated and apply cold compresses as directed.

DAYS 4 - 7

Initial Healing

Swelling begins to subside. Stitches or staples are typically removed. Light walking is encouraged to promote circulation, but avoid strenuous activity.

WEEKS 2 - 3

Transition Period

Bruising mostly fades. Most patients return to non-strenuous work. Incisions may appear pink or tight. Begin scar management if cleared by surgeon.

MONTH 1 - 2

Activity Resumption

Gradual return to exercise. Tissues begin to soften. Residual "hidden" swelling persists, particularly in the evenings.

MONTHS 3 - 6

Refinement

Final contours become visible. Numbness or tingling sensations resolve. Scars begin to fade from pink to white/flesh-toned.

1 YEAR

Final Result

Tissues are fully settled. Scars are matured. This is the permanent baseline for your surgical outcome.

IMPORTANT REMINDERS

- Avoid direct sun exposure on incisions for 12 months.
- No smoking or nicotine products as they delay healing.
- Contact the office immediately if you experience fever or sudden redness.