



Plastic Surgery Recovery Guide

What to Expect During Plastic Surgery Recovery

If you're thinking about plastic surgery, it's natural to wonder how long it will take to recover and what you can expect. This guide outlines the recovery journey - day-by-day, week-by-week - to help you feel prepared and supported.

1. What Happens Immediately After Surgery

Most procedures are day cases or involve one overnight stay. You'll wake up in recovery, feel groggy and possibly sore. Your surgical site may be wrapped in a dressing or compression garment. Pain is managed and a responsible adult must escort you home.

2. The First Week: Rest, Swelling & Support

Swelling and bruising are common. Rest is key. Expect tightness, discomfort and limited movement. Sleep may be propped upright. Discomfort is usually manageable with prescribed pain relief.

3. Weeks 2-3: Starting to Feel More Like You Again

Bruising fades, swelling reduces, and energy improves. You may return to desk-based work, walk gently, and feel more confident. Makeup is typically safe to wear again after 10-14 days (check with Mr Fitton).

4. Weeks 4-6: Return to Routine Activities

Most patients return to work and daily routines. Swelling improves further. Light exercise may resume (with approval). Scar care begins. Early results are visible and confidence returns.

5. 3-6 Months: Final Results Take Shape

Swelling has resolved. Scars fade. Natural-looking results emerge. A follow-up may be scheduled with Mr Fitton at 3 months to review progress.



Antony Fitton Plastic Surgery

PLASTIC AND RECONSTRUCTIVE SURGEON

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Top Tips for a Smooth Recovery

- Follow your aftercare plan closely
- Attend all follow-up appointments
- Ask for help at home
- Avoid smoking and alcohol
- Be patient - healing takes time

Why Recovery is Personal

Recovery varies by surgery type, your health, and whether multiple procedures are done together. Mr Antony Fitton provides a personalised plan for every patient.

Ready to Take the Next Step?

Book a one-to-one consultation today.

Ask questions. Understand your timeline. Begin your journey with confidence.

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