



POST-SURGICAL GUIDE FOR BODIES THAT HYPNOTIZE

LIPOABDOMINOPLASTY AND BBL



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PREFACE

Combined surgery is no small choice. It's a powerful decision that combines intention, aesthetic vision, and a profound desire for transformation.

It's not just about a more defined waist or lifted buttocks; it's about reconfiguring how you perceive yourself, how you live your life, and, above all, how you choose to present yourself to the world.

This guide was created for women who are not simply seeking to change, but to be reborn with precision, elegance, and awareness.

DR. MANUEL PERALTA

WHEN THE BODY BECOMES NARRATIVE

I. THE THRESHOLD: FIRST 72 POSTOPERATIVE HOURS



WHAT HAPPENS:

Your body begins multiple recovery processes simultaneously: your abdomen, flanks, back, and buttocks are swollen, sensitive, and vulnerable.

The energy will be focused on healing. Your task is to honor that process with presence and gentleness.

ESSENTIAL CARE:

Guided rest: leaning posture to avoid tensing the abdomen, and resting on the chest or side to protect the gluteal graft.

Girdle + abdominal board + BBL pillow: your new armor. Essential for supporting your sculpture.

Selective hydration: water, natural broths, draining infusions such as horsetail or dandelion.

Do not sit directly: use the BBL cushion whenever you need to sit briefly.



Heavenly Touch: Silence. Soft aromas. A playlist that celebrates your rebirth. This is your zero hour.

II. THE CEREMONY OF CARE: WEEK 1 TO WEEK 3

Your body is redefining itself. Each area requires different attention, but all require the same level of aesthetic and emotional commitment.

To do:

Professional lymphatic drainage (at least 2-3 times per week): essential for shaping, preventing fibrosis and releasing toxins.

Anti-inflammatory and restorative diet: clean proteins, papaya, pineapple, turmeric, lemon water.

- Frequent, gentle movement: walk several times a day. Circulation is your ally.
- Thorough and gentle cleaning of incisions.
- **Heavenly Touch: Keep a body journal. Don't talk about measurements. Talk about evolution. Write down how you feel inside your skin.**

III. THE SILENT DEFINITION: WEEK 4 TO WEEK 8

Key actions:

Change girdle if indicated: less compression, more definition.

Remodeling massages: focus on textures, deep drainage, fibrosis control.

- Controlled time without a girdle: your skin needs to breathe too.
- Body skincare: gentle exfoliations, nourishing oils, intensive hydration.



Celestial Touch: Have a private photoshoot with neutral lingerie, soft lighting, and no filters. Not for show. To remind you of who you are.

IV. THE SILHOUETTE-SUPPORTING LIFESTYLE: MONTH 3 AND BEYOND

Aesthetic preservation habits:

Functional and toning exercise: guided training, emphasis on core and glutes.

Strategic eating: it's not a diet, it's aesthetic awareness.

Deep rest, routines that honor your energy.

Clothing that highlights your body architecture.



Guide phrase: "Your silhouette doesn't need validation. Just presence."



DR. MANUEL PERALTA
PLASTIC SURGEON

THANK YOU FOR READING ME

This wasn't surgery. It was a bodily narrative written with a scalpel, blood, rest, and desire. What you achieved isn't measured in centimeters, but in the way you now walk, talk, sit, and look.

PREVIOUS QUESTIONS TO YOUR QUERY

Write down any questions you may have and their answers here.

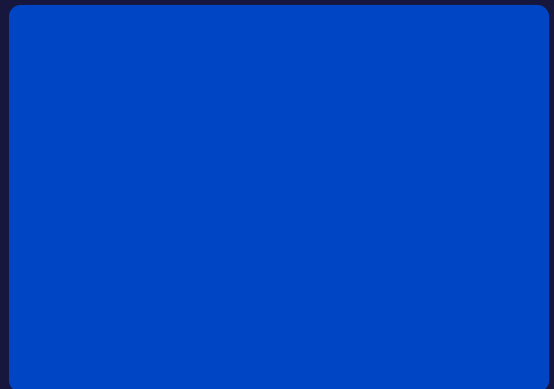
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Q2

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Q3

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FOLLOWING MY NEW HABITS

Keeping track of your habits can help you stay on track and achieve your goals. Write down your top 12 goals and check them off each day you successfully accomplish them.

WEEK _____

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NOTES FOR REFLECTION

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