



TAMPABAY  
BODY SCULPTING

# Male Lipo360 Recovery Guide

## What to Expect After Male Lipo360

Male Lipo360 is a comprehensive body contouring procedure designed to remove stubborn fat from the abdomen, waist, flanks, lower back, and surrounding areas to create a leaner, more athletic appearance. The procedure focuses on enhancing masculine contours, improving waistline definition, and creating a more sculpted physique.

Recovery varies by patient, but understanding the healing process can help you prepare for a smoother recovery and optimal results.

## First 24 Hours After Surgery

The first day following surgery is focused on rest, hydration, and light movement. Patients can expect swelling, bruising, soreness, and fluid drainage from the liposuction sites.

During the first 24 hours:

- Rest and avoid strenuous activity
- Take medications as directed
- Stay hydrated
- Wear your compression garment
- Take short walks throughout the day

Most patients experience mild to moderate discomfort that improves over the first several days.

## First Week of Recovery

The first week is when swelling and bruising are typically most noticeable. Compression garments help support healing and improve comfort during this stage.

During the first week:

- Continue wearing compression garments as directed
- Walk frequently throughout the day
- Avoid heavy lifting and strenuous exercise
- Focus on hydration and nutrition
- Attend scheduled follow-up appointments

Many patients return to desk work within several days to one week, depending on their occupation and recovery progress.

## **Weeks 2–4**

As healing progresses, swelling gradually decreases and body contours begin to emerge. Many patients notice improved comfort and increased mobility during this phase.

Patients may experience:

- Reduced swelling and bruising
- Increased energy levels
- Improved waistline definition
- More visible contouring results
- Greater comfort during daily activities

Continue following your provider's recommendations regarding garments and activity restrictions.

## **Weeks 4–6**

Most patients experience significant improvement during this stage and begin returning to normal routines with provider approval.

During Weeks 4–6:

- Swelling continues to improve
- Muscle definition becomes more visible
- Clothing fits more comfortably
- Physical activity may gradually increase
- Results continue to refine

While noticeable improvements are visible, final results are still developing.

## **Months 3–6**

As residual swelling resolves, patients begin to appreciate the full benefits of their procedure. A slimmer waistline, improved body proportions, and more athletic contours become increasingly apparent.

Final results continue to improve as tissues settle and healing progresses.

## **Male Lipo360 Recovery Timeline**

### **Days 1–3**

Swelling, bruising, soreness, and drainage are common. Walking is encouraged to promote healthy circulation.

### **Week 1**

Compression garments remain important. Most patients notice gradual improvement each day.

### **Weeks 2–4**

Swelling decreases and body contours become more visible.

### **Weeks 4–6**

Most patients resume many normal activities and gradually return to exercise with provider approval.

### **Months 3–6**

Final results continue to develop as swelling resolves and tissues settle.

## **Tips for a Smooth Recovery**

### **Wear Compression Garments**

Compression garments help minimize swelling and support healing while enhancing contour development.

### **Stay Hydrated**

Proper hydration supports circulation, recovery, and overall wellness during the healing process.

## **Focus on Protein-Rich Nutrition**

Lean proteins help support tissue repair and recovery while maintaining muscle mass.

## **Walk Frequently**

Light walking promotes circulation and supports healthy recovery.

## **Avoid Strenuous Exercise**

Allow your body adequate time to heal before returning to intense workouts or heavy lifting.

## **Follow Provider Instructions**

Always follow the specific post-operative instructions provided by your surgeon and medical team.

## **Get Adequate Rest**

Proper rest and quality sleep help support healing and recovery.

## **Be Patient With Your Results**

Swelling is a normal part of recovery and can temporarily mask your final outcome. Results continue to improve over the following months.

## **Frequently Asked Questions**

### **How long does swelling last after Male Lipo360?**

Most swelling improves significantly within the first several weeks, though mild swelling may persist for several months.

### **When can I return to work?**

Many patients return to office-based work within several days to one week, depending on the extent of treatment and individual recovery.

### **When can I return to the gym?**

Light walking is encouraged immediately. More strenuous exercise should only be resumed with provider approval.

## **Will I have visible scars?**

Liposuction incisions are typically small and placed in discreet locations whenever possible.

## **When will I see my final results?**

Most patients notice significant improvements within the first few months, with final results continuing to develop as swelling resolves.

*Disclaimer: Recovery experiences vary by patient and provider. This information is intended for educational purposes only and should not replace the specific post-operative instructions provided by your surgeon or medical team.*