

# Blue Wolf Transformations Fun Sculpting Recovery Timeline



## Procedure

## Final Results



**1<sup>st</sup> Day**  
Take It Easy

**1<sup>st</sup> Week**  
Resting & Recuperating

**2<sup>nd</sup> Week**  
Feeling More Like Me

**4<sup>th</sup> Week**  
Seeing the Difference

**4-6 Months+**  
Final results

### Immediately After Procedure

### Days 2-7

### Days 8-14

### Week 4 & Beyond

### 6+ Months

- Expect liquid and a little blood to leak from wound sites
- Pain and tenderness.
- Possible lightheadedness (from procedure fluid loss and gain)

#### Recovery Tips

- Wear compression 24/7. Do not take it off for at least 24 hours
- Drink at least ½ your body weight in electrolytes (gatorade, pedialyte, etc.)
- Walk at least 3,000 steps (1 mile)

- Pain subsides but can linger in some cases
- Swelling at its peak
- Treated areas begin to bruise
- Itching starts
- Incision sites build white fibrin coating and/or scab

#### Recovery Tips

- Wear compression 24/7, except when showering
- Increase your steps per day by 250
- Drink at least 64 oz of water and 20 oz electrolytes per day
- Elevate swollen areas 15 min/day
- Don't submerge wounds in water
- Eat a high-protein, low-sodium diet
- Use heating pad on treatment area

- Swelling decreases
- Bruising at its peak
- Treated areas begin to tingle or feel numb
- White fibrin forming in incision sites

#### Recovery Tips

- Wear compression 24/7, except when showering
- Moisturize affected skin areas
- Continue to drink water
- Utilize lymphatic massages

- Most bruising gone
- Incision sites closed
- Your new body shape reveals itself
- Clothing fits differently
- Intermittent numbness and nerve sensitivity in some treated areas

#### Recovery Tips

- Continue to wear compression for comfort as needed
- Dry brush numb, sensitive areas
- Maintain a healthy diet (protein, fruits, and vegetables, and water all help your body continue to heal)

- Your final results and new shape emerge

#### Recovery Tips

- Maintain a healthy diet to avoid weight gain