



POST-OP COMPRESSION & FAJA CARE GUIDE

WHY WEARING A FAJA IS CRITICAL AFTER SURGERY

Your compression garment (faja) isn't just for comfort it's one of the most important tools for recovery and protecting your surgical results.

What it does:

- Controls swelling by applying consistent pressure to prevent fluid build-up.
- Shapes your new contour while tissues heal, keeping results smooth and even.
- Supports skin retraction so skin adheres to the underlying muscle and tissue instead of sagging or forming uneven pockets.
- Prevents fibrosis by reducing the chance of hard, lumpy scar tissue forming under the skin.
- Improves circulation to speed up healing and reduce the risk of complications.
- Helps with comfort by stabilizing tender areas and reducing movement-related pain

Why it's critical:

Without proper compression, swelling can linger longer, fibrosis is more likely to develop, and final results can be uneven or distorted. A properly worn faja is as important as the surgery itself when it comes to the quality of your outcome.

STAGE GUIDE

STAGE 1 FAJA – IMMEDIATELY AFTER SURGERY TO ~3 WEEKS POST-OP

- **Material:** Softer, with adjustable hooks or zippers for easier wear over tender skin and drains.
- **Purpose:** Gentle, consistent compression to control swelling without restricting healing.
- **Fit:** Snug but not painfully tight. You should be able to breathe deeply and move without severe discomfort.
- **Tip:** Always wear your foams and/or abdominal board under Stage 1 to avoid garment creases that can cause indentations.

STAGE 2 FAJA – AROUND 3–6 WEEKS POST-OP

- **When to Switch:** When most swelling has reduced, drains are removed, and you can tolerate firmer compression (with surgeon approval).
- **Material:** Firmer, stronger compression with multiple hook settings.
- **Purpose:** Shapes and sculpts as your body continues to heal, helping skin adhere smoothly to underlying tissues.
- **Fit:** Firm compression — should feel supportive but not restrict circulation.
- **Tip:** Start on the loosest row of hooks, tighten gradually as swelling continues to go down.

STAGE 3 FAJA – AROUND 6–12 WEEKS POST-OP

- **When to Switch:** When your body is mostly healed, but you want maximum shaping and contouring.
- **Material:** Strongest compression, highly contoured fit.
- **Purpose:** Maintains your surgical results long-term and continues to mold your body shape.
- **Fit:** Very firm — most clients only wear Stage 3 during the day at this stage for contour maintenance.
- **Tip:** Many clients custom-tailor their Stage 3 faja for an ultra-sculpted fit.

Foams & Boards Placement

Foams

- **Purpose:** Even out compression, prevent garment marks, and smooth swelling.
- **Placement:** Between skin and faja over areas prone to swelling (abdomen, flanks, back, thighs).
- **Tip:** Always keep foams clean and dry. Switch out when damp to prevent irritation.

Abdominal Board

- **Purpose:** Flattens and smooths the abdominal area for a seamless contour.
- **Placement:** Centered over your core, under the faja, directly on top of your foams.
- **Tip:** If your board digs in, adjust placement or add a thin layer of foam underneath.

Pro Tips for Wearing Your Faja

- Wear your faja **24/7** for the first several weeks (only remove for showering or washing it).
- Always smooth out your skin and foams before fastening the faja to prevent folds and creases.
- **Wear a seamless t-shirt or tank top under your faja** to keep compression layers in place, protect your skin, and reduce friction that can lead to burns.
- Watch for signs your faja is too tight — numbness, tingling, cold extremities, or sharp pain.
- Stick to your surgeon's timeline for compression — over-compressing too early can cause fluid trapping or tissue damage.
- Keep your skin moisturized (only once incisions are fully closed) to prevent dryness and irritation from compression wear.

FAJA CARE & MAINTENANCE

- **Hand wash only** in cold or lukewarm water with a gentle detergent. Avoid bleach or harsh chemicals.
- **Never put your faja in the dryer** — heat can damage elasticity and shape. Lay flat or hang to air dry completely.
- **Have two of each stage** so you can rotate — wear one while the other is being washed and dried.
- Wash your faja daily or every other day to prevent odor, bacteria, and skin irritation.
- Store flat or hung up — never crumpled — to maintain structure.

Your faja is your surgical investment's insurance policy. Wear it correctly, care for it properly, and follow the right stage progression to heal evenly, avoid complications, and achieve the smooth, sculpted results you want.

This document is only a suggestion-- YOUR SURGEON instruction always come FIRST!!