



# PLASTIC SURGERY RECOVERY HANDBOOK

available at  
**amazon**

## Available in Paperback in English and Spanish

You are planning or have just had plastic surgery to improve your appearance. Isn't it frustrating that before you can begin to enjoy your new face or body, you have to spend days or weeks feeling swollen and bruised?

In the Plastic Surgery Recovery Handbook, I share the seven key components to healing from plastic surgery. Based on years of experience helping clients, I believe addressing each of these components boosts the chances of healing fully from surgery.

### Components of Postsurgical Recovery Therapy

Follow Doctor's Orders  
Reduce Swelling  
Reduce Bruising  
Reduce Scars and Fibrosis  
Support Wound Healing  
Get Back on Your Feet  
Feel Healthy Inside and Out

The Plastic Surgery Recovery Handbook explains in detail how to follow my recovery rules. If you are researching plastic surgery procedures like liposuction, brazilian butt lifts, facelifts, abdominoplasty, tummy tuck or mommy makeovers, this book is packed with information you will need to recover from surgery.

### Praise for the Plastic Surgery Recovery Handbook:



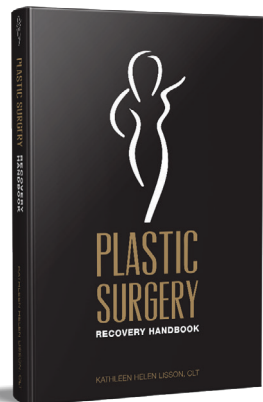
Clare L.

★★★★★ Another great resource from Kathleen Lisson

July 26, 2019

Format: Paperback

Kathleen has compiled a comprehensive and easy-to-read resource for anyone considering and about to undertake plastic surgery. Who would know there is so much to consider about the pre-op and post-op care? She has pulled many ideas and tips into this great handbook. How to improve your recovery. How to get comfortable. Wound care. Where to get help. Exercise. Scars. Compression. Shopping lists. Recovery schedule. You've got questions about plastic surgery? There are many answers in here - and a great list of things to ask your surgeon prior to the surgery, so that you are better informed and prepared for what is to come after surgery, and how to recover in the best way possible. A very helpful handbook indeed.



By Kathleen Lisson, CMT, CLT

✉ [PlasticSurgeryRecoveryHandbook@gmail.com](mailto:PlasticSurgeryRecoveryHandbook@gmail.com)

🌐 [PlasticSurgeryRecoveryHandbook.com](http://PlasticSurgeryRecoveryHandbook.com)