

INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY

See the supplements recommendation for use in the pre & post operative period and medications to avoid list.

If you have drain tubes—record the output. Once the drainage is less than 25-30 cc in 24 hours for 1 or 2 days, call the office to schedule an appointment for drain removal. Be sure that the JP bulb is collapsed at all times. You may have a device that administers local anesthesia to the surgical area. If so, it will administer local anesthesia for approximately 48-72 hours. When the medicine reservoir is empty you can pull the tubes and dispose of the apparatus. If you feel uncomfortable you can call the office for assistance. You may shower 24-48 hours after surgery.

No smoking, Nicorette Gum or Patches, this delays wound healing. Ice surgical sites during the first 24-48 hours to decrease swelling and bruising. Do not let the ice directly touch your skin.

To avoid post operative complications you may walk starting the day after surgery. Relax for the first two days. Do not over do it, use common sense. Deep breathing will help with tension and circulation (oxygenated blood restores and helps eliminate after effects of anesthesia and impurities). Take a deep breathe in through your nose, fill your lungs, and slowly release through your mouth. This should be repeated 10 times each hour or anytime you feel lightheaded or nauseated. If nausea is persistent a prescription can be phoned in to your pharmacy. Generally there should be no exercise for three to six weeks following surgery. No stairs for one week. No sexual activity for 4 weeks. No driving until you are pain free and off pain medications. Drink fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased "over the counter", take as directed. No alcohol for two weeks. No hot tubs or baths for 4 weeks after surgery.

For patients who have had brachioplasty surgery (upper arm reduction), you will need to sleep with arms extended on pillows.

Scar therapy will be discussed during your post operative visits and will be referred to our skin care specialists if required.

Call the office for follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions. (586) 779-3030 After hours (313) 396-0787