

Post-Operative Instructions – General

The following instructions should be followed closely except when overruled by specific procedural instructions. You must follow your surgeon's instructions as indicated for your specific surgery. Notify Dr. of any unusual changes in your condition and feel free to call the office with any questions.

1. You MUST HAVE AN ADULT DRIVE YOU home from the facility. You will not be allowed to drive yourself or use public transportation.
2. After surgery you MUST HAVE A RESPONSIBLE ADULT STAY WITH YOU a minimum of 24 hours. You CANNOT be left alone. The 24 hours begin when you are discharged from the office or hospital. Have everything ready at home PRIOR to surgery. Make arrangements for someone to stay with you. Let the person or persons know you cannot be left alone. This is important because of the danger of falling and because you may lose the concept of time for the day and overmedicate yourself. Also, another person must be present to call us in case of an emergency.
3. The effects of anesthesia can persist for 24 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others.
4. DRINK your normal amount of fluids after surgery to help rid the body of the drugs used in surgery. Do not over drink water, this can cause more swelling.
5. Diet may be as tolerated but needs to contain **PROTEIN**. Eating foods that are bland and soft for the first day or so – foods like after you have had the flu – may be best tolerated. You must eat more than crackers and juice, otherwise you will continue to feel weak and will not heal as well. Once you are able, you must eat as much **PROTEIN** as possible and avoid salt. REMEMBER to take the medications with a little something to eat or you will get sick to your stomach.
6. Please avoid the use of alcoholic beverages for at least the first 72 hours (it dilates blood vessels and can cause unwanted bleeding) and as long as pain medications are being used (dangerous combination).
7. NO BLOOD THINNERS. Take only prescription medication prescribed to you by your doctor.
8. If you experience any generalized itching, rash, wheezing or tightness in the throat, stop taking all medications and call the office immediately, as this may be a sign of a drug allergy.
9. You can expect moderate discomfort, which should be helped by the pain medications. The greatest discomfort is usually during the first 24 hours. Thereafter, you will find that you require less pain medication.
10. Call (843) 757-0123 if you have: SEVERE PAIN not responding to pain medication; Swelling that is greater on one side than the other; incisions that are RED OR FEVERISH; a FEVER; shortness of breath; or if any other questions or problems arise.

WENIGER PLASTIC SURGERY

Patient:

Surgery Date:

11. Keep any DRESSINGS ON, CLEAN AND DRY. Do not remove them until instructed to do so. There may be some bloody drainage on the dressings. If you have excessive bleeding or the bandages are too tight, call the office immediately.
12. After surgery it is important to have a **bowel movement** within a day or two. If you do not, you may take over the counter laxatives to encourage your bowels to move.
13. Minimal activity for the first 48 hours. No house cleaning, furniture rearranging, etc. Straining may cause bleeding complications. Relax, be pampered, and let your body heal. The less energy you use on doing things, the more energy your body can focus on healing. You are expected to walk outside daily. You are not limited on the distance of your walking.
14. Limit lifting, pulling or pushing for 10 days.
15. Position after surgery is different with different types of surgery. If your surgery is from the waist up we ask that the head of the bed be elevated 45 degrees. This requires a pillow under the small of your back, two pillows under your shoulders and head, and if you have a pillow under each elbow you will relax and stay in position.
16. You are requested to remain within a reasonable traveling distance of the office for approximately ten days. For the first 24 hours after surgery, you must stay within 2 hours of our office and after 1 week of surgery, you must stay within 4 hours of our office.
17. Once cleared to shower you may do so every day. Please do not submerge any incision for 3 weeks. IF YOU HAVE A BREAST DRAIN YOU MAY NOT SHOWER UNTIL IT IS REMOVED.
18. NO SMOKING for the first 7 postoperative days for any surgery. For facelift, necklift, abdominoplasty (tummy tuck), body lift or butt lift there is to be no smoking for 6 weeks. Any cheating will delay healing.
19. After most surgeries you may drive two days after anesthesia, once you are off the pain pills, and when you experience no pain with this activity (you need to be able to react quickly).
20. All surgeries involve some scarring, which can take up to a year or longer to fade. No matter how small they may be, we still want them to heal as well as they are able. Exposing red scars to the sun can cause permanent discoloration. A good sunscreen (SPF 15 or higher) can help and will protect the surrounding tissues that might not feel a sunburn developing while the nerves are healing. Sunlight can even reach scars under a swimsuit, so take adequate precautions. Your scar will be at it's peak redness/purplish at 8 to 10 weeks.
21. DO NOT use a hot tub for 4 weeks and no submerging the incisions for 3 weeks
22. AVOID sports or strenuous activities 4 to 6 weeks or until your surgeon specifically gives you clearance during your post-operative visits. This is to avoid any unnecessary complications (bleeding, bruising, swelling, muscle injuries, wound disruption).
23. You may return to work when you feel able and are cleared to do so by your surgeon.
24. Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing

«PRACTICE_NAME»

Patient: «Person_First_Name» «Person_Last_Name» Surgery Date: «Procedure_Date»