

Instructions for Surgery

Before surgery, it is helpful to shop for and have on hand the following items:

Milk of Magnesia (for post op constipation) fresh grapes are great
Gel ice packs
Hydrogen peroxide and bacitracin (Neosporin) ointment
Q-Tips
Fresh, healthy food that is gentle on your stomach
Your prescriptions for pain medication or antibiotics

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 you may lose the concept of time for the day and overmedicate yourself.
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 fluids to help rid the body of the drugs used in surgery.
5. Diet may be as tolerated. 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. This is one area where your body will let you know what it feels like having!
6. Please avoid the use of alcoholic beverages for the first 24 hours (it dilates blood vessels and can cause unwanted bleeding) and as long as pain medications are being used (dangerous combination).
7. Remember that pain medication has unavoidable side effects which can make you feel sick. Please consider alternating your pain medication with Ibuprofen or Tylenol, using ice for pain relief as needed, and adjusting to lower doses after the first 3 days to maximize your progress.
8. Nausea is often a sign of low blood pressure. This is a normal response to both pain medication and to the healing phase after surgery. Lying down, legs up, cold compress are all important to try. This sensation may come out of the blue, which is why too much activity or driving in the first several days after surgery can be a bad idea even when you feel that your pain is under control.

9. Minimal activity for the first 72 hours. It is good to walk and move around, but no house cleaning, furniture rearranging, etc. 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.
10. You may sleep or position yourself however is comfortable after surgery. Your body is excellent at knowing what is best during your recovery from the injury of your surgery. As you heal, you may need a bit of stretching in the right way. If you have had a **tummy tuck**, work a bit at standing straight. If you have had **breast implants**, work a bit at stretching your shoulders. If you have had a **facelift**, try keep your chin up - avoid sinking pillows and lap top screens or books you have to look down on for long periods of time.
11. You are requested to remain within a reasonable traveling distance of the office for approximately 7-10 days. Your after care is very active during the first 4-6 weeks and we would like you to stay in close contact during this time.
12. Unless you have had a breast lift/reduction or complex breast surgery (and therefore have foam compression tape to keep dry), you may shower whenever you are up for it. Be careful as you may feel unexpectedly faint. Be sure to have someone near.
13. NO HOT TUBS, NO SMOKING. Hot tubs can cause infection even for people who haven't had surgery and I recommend no bath tub or hot tub for at least 30 days after surgery. Smoking is bad in almost every possible way for all areas of healing.
14. Driving is only safe if you are off pain medication, and are not distracted by your surgery.
15. All surgeries involve some scarring, which can take up to two years to fade. Help your scar by either using our silicone scar gel, heavy moisturizers, or compression tape. The best thing for scars is keep them clean and scab free, and limit pulling and stretching that occurs with weight gain or activities which stretch the scar (head down position after facelift).
16. You may return to work and most moderate forms of activity when you feel able to do so..

REMEMBER!! Feel free to call or email us at any time. We want you to be as comfortable as possible during your healing period.