

ALL POSTOPERATIVE CARE INSTRUCTIONS

YOUR FIRST 48 HOURS

- **VERY IMPORTANT:** If you have **EXCESSIVE BLEEDING OR DRAINAGE FROM THE INCISION, WORSENING PAIN OR SWELLING**, or any other questions or concerns, please call the office at 314-432-1772, between the hours of 8:30 AM & 5:00 PM. If it is after 5:00 PM or the weekend, please call our exchange at 314-388-5301.
- **YOUR FIRST 24 HOURS:** If you are going home, a family member or friend must drive you because you have been sedated. Someone should stay overnight with you. If you have any questions about these matters, please ask one of our nursing staff.
- **MEDICATIONS:** Continue with current medications except aspirin products or Ibuprofen. Take your antibiotic (if prescribed) with food. Take pain medication as prescribed with food to avoid nausea and vomiting.
- **DRESSINGS:** Keep your dressings as clean and dry as possible. You can remove after 24 hours unless otherwise instructed.
- **SHOWERING:** Patients can shower 24 hours after surgery with these exceptions: breast implants with drains and any skin grafts. They must keep the area dry.
- **ACTIVITY:** If you have had surgery on the face, head, or neck, **SLEEP WITH AT LEAST 2 PILLOWS** to reduce swelling. Take it easy and pamper yourself, especially for the first 48 hours after your surgery. Try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., but **NO MATTER HOW GOOD YOU FEEL, DO NOT OVER EXERT YOURSELF!** We do not want you to bleed and cause any more swelling and bruising than is unavoidable. **NO strenuous exercise** for at least 2 weeks.
- **ICE PACKS:** Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often.
- **DIET:** If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, use the suppository. If you feel normal, start the liquids and bland foods, and if those are well tolerated, progress to a regular diet.
- **SMOKING:** Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 10 days after surgery.
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **DRIVING:** Please don't drive for at least 24 hours after general anesthesia or intravenous sedation or while taking prescription pain pills.

- **SUNSCREEN:** Use sunscreen (SPF greater than 15) to protect your incisions from the sun. Start using sunscreen 1-2 weeks following surgery.

- **POSTOPERATIVE APPOINTMENTS:** It is very important that you follow the schedule of appointments we establish after surgery.