

Surgical Instructions Post-Operative

ABDOMINOPLASTY

- *You will be placed in a compression garment which should be worn for 2 weeks after surgery.
- * During surgery a urinary catheter will be put in place. This keeps the bladder free of urine and helps to decrease the pressure placed on the abdominal wall. The catheter will be removed at the end of surgery.
- *Your movement will be limited. You will not be allowed to stand completely straight for 2 weeks. The doctor will demonstrate the way in which you should position yourself. This stooped position will prevent stress on your sutures and will promote healing and recovery.
- *You may have a drain in place which will be removed in 1-5 days after surgery. You will be instructed as to the management of this drain.
- * Refrain from heavy lifting, straining or overactivity for approximately 6 weeks.

ABDOMINOPLASTY (Mini)

- *Wash the operative area with an antibacterial soap beginning 3 days prior to surgery, including the day of surgery. Lotion and/or powder is permitted up until the day of surgery.
- *You will be placed in a compression garment to be worn for 2 weeks after surgery.
- * During your surgery a urinary catheter will be put in place to keep the bladder free of urine and helps to decrease the pressure placed on the abdominal wall. The catheter will be removed at the end of surgery.
- *Your movement will be limited. You will not be allowed to stand completely straight for one week. The stooped position will prevent stress on your sutures and will promote healing and recovery.
- *You can expect bruising and swelling of the surgical area.
- *You may have a drain in place and you will be instructed as to the management of this. The drain will be removed in 1-5 days after surgery.
- *You must refrain from heavy lifting, straining or overactivity for approximately 6 weeks after surgery.

AUGMENTATION

- * Keep your arms close to your torso. No lifting, bending or straining.
- * Do not engage in any activity which requires you to raise your arms above your head for three weeks.
- * No activities such as swimming, golf, tennis, aerobics or any other strenuous activity for two weeks.
- *Following surgery, you will be placed in a compression bra which should be worn for at least two weeks or until your doctor advises otherwise. Sponge bathing around the bra in the first 24 hours is permitted.
- *After your follow-up office visit you may shower without bra.

*** IMPORTANT***

SHOULD YOU SCHEDULE DENTAL WORK AND/OR SURGERY IN THE FUTURE,
ALERT YOUR PHYSICIAN THAT YOU HAVE MAMMARY IMPLANTS.

BLEPHAROPLASTY

- *Wash eyelids with a Q-tip and diluted baby shampoo once a day beginning 3 days prior to surgery, including the day of surgery.
- * Bring a pair of sunglasses to wear home.
- *There will be bruising and swelling about the eyes which will be maximal at 48 hours.
- *Your eyes will not be bandaged. To keep swelling at a minimum, use cold saline compresses using gauze sponges for the first 12-18 hours.
Directions For Cold Saline:
 - a) Mix in clean mixing bowl, one tablespoon of salt in one quart of water. Keep ice cubes floating in bowl.
 - b) Every 10 minutes, wring out a sponge in the iced saline solution and place over eyes.
 - c) You may use the cold compresses as you wish after the first day for your comfort.
- * Keep head higher than the heart at all times.
 - a) The first night after surgery is the most critical. If you have a recliner chair you may benefit from using it the first night.

- b) Sleep on at least two or more pillows for the next week.
- * No lifting, bending over or straining for the next 2 weeks.
- * Wear sunglasses as needed to prevent squinting.
- * Sutures will be removed in 4-5 days.
- * If applicable, make-up can be applied 7-10 days after surgery.
- * Hair may be shampooed in 24 hours, colored in 5 days.

BREAST LIFT

- * Wash the entire area from your neck to your waist, including under your arms, with an antibacterial soap for 3 consecutive days prior to surgery, including the day of surgery.
- * Following surgery you will be placed in a compression bra to serve as a support bandage. This should be kept dry and intact and must be worn for 2 weeks.
- * Activity limitations:
 - a) No driving for 1 week.
 - b) No heavy lifting, bending, stooping or straining.
 - c) No strenuous activity such as swimming, golf or tennis for 4 weeks.

BROWLIFT

- * Do not have your hair colored sooner than 10 days prior to surgery. No permanent waves for at least 3 weeks prior.
- * Wash your hair with an antibacterial soap the night before surgery.
- * There will be a bandage about the head and neck.
- * There may be some bruising and swelling already present when you leave the hospital. It will reach its maximum in about 48 hours.
- * Keep your head higher than the heart at all times. Sleep at a 30 to 45 degree angle.
- * No lifting, bending, stooping or straining.
- * Do not over-exert for the first 2-3 days as this may cause bleeding as well as produce a throbbing pain.
- * Bandages and some sutures will be removed 1-2 days after surgery. You may gently wash your hair.
- * The remaining sutures will be removed in 1 week.
- * Between the 1st and 3rd week, most of the bruising and swelling should have subsided.

CHEEK / CHIN IMPLANTS

- * Wash the operative area with an antibacterial soap beginning 3 days prior to surgery, including the day of surgery.
- * There may be some bruising and swelling already present when you leave the hospital. It will reach its maximum in about 48 hours.
- * Keep your head higher than the heart at all times. Sleep at a 30-45 degree angle
- * No lifting, bending, stooping or straining.
- * Keep chewing to a minimum. Stay on clear liquids for the first 24 hours then good nourishing liquids and soft foods for the next several days.

EAR RESHAPING

- * Wash the operative area with an antibacterial soap beginning 3 days prior to surgery, including the day of surgery.
- * A dressing will be placed over the operative site which will remain in place up to 1 week.

FACELIFT

- * There will be a bandage about the head and neck area and some bruising and swelling will already be present when you leave the hospital. It should reach its maximum in about 48 hours. The bandage should be removed only by your doctor, usually the day after surgery. You might want to bring a scarf with you to wear home.
- * You may have a drain in place and will be instructed as to the management of this.
- * Keep your head higher than the heart at all times. Sleep at a 30-45 degree angle.
- * Keep your neck extended when resting - chin up.
- * No bending, lifting, stooping or straining.
- * Keep chewing to a minimum. Stay on clear liquids for the first 24 hours and drink plenty of

fluids. DO NOT USE A STRAW.

- * Keep talking to a minimum to let the face and neck rest.
- * Refrain from drinking caffeinated beverages for at least 1 week.
- * Hair may be shampooed the 2nd post-operative day. Remember to brush hair carefully as sutures are still in place. Hair may be colored and/or permed 4 weeks after surgery.
- * You will need an appointment the day after surgery for check-up and drain removal.
- * On the 4th or 5th day following surgery the sutures in front of the ears will be removed.
- * One week after surgery you will return to have the remaining sutures removed.
- * Between the 1st and 3rd week, most of the bruising and swelling should have subsided.
- * New scars must be protected from direct sun by use of a sunblock for appx. 6 weeks.
- * On the 10th day you may start to use make-up.

IMPLANT EXCHANGE

- * Wash the operative area with an antibacterial soap beginning 3 days prior to surgery, including the day of surgery. Pay special attention to your chest and underarm areas.
- * You will be placed in a compression bra to serve as a support bandage which must be worn for 2 weeks. Do not remove for any reason until told to do so by your doctor, although you may sponge bathe around the bra. Deodorants, lotions, etc. are permitted.
- * Keep your upper arms close to your torso. No lifting, bending or straining.
- * If any problems develop, especially extreme swelling or tenderness on one side please notify your doctor.
- * Activity Limitations:
 - a) Do not engage in any activity which requires you to raise your arms above your head for 3 weeks.
 - b) No activities such as swimming, golf, tennis, aerobic activity or any other strenuous activity for 2 weeks.

IMPORTANT

IF YOU ARE GOING TO HAVE MAJOR DENTAL WORK AND/OR SURGERY IN THE FUTURE, ALERT YOUR DOCTOR THAT YOU HAVE MAMMARY IMPLANTS

IMPLANT REMOVAL

- * Wash the operative area with an antibacterial soap, paying special attention to your chest and underarm areas, beginning 3 days prior to surgery, including the day of surgery.
- * You will be placed in a compression bra to serve as a support bandage which must be worn for 2 weeks. The bra should not be removed unless told to do so by your doctor, although you may sponge bathe around the bra.
- * There may be some bruising and swelling present in the neck and chest area.
- * Keep your upper arms close to your torso. No lifting, bending or straining.
- * If any problems develop, especially extreme swelling or tenderness on one side please notify your doctor.
- * Activity Limitations:
 - a) Do not engage in any activity which requires you to raise your arms above your head for 3 weeks.
 - b) No activities such as swimming, golf, tennis, aerobics or any other strenuous activity for 2 weeks.

LIPOSUCTION

- * You will be placed in a compression garment after surgery which must be worn for 2 weeks. Following the first 48 hours, the garment may be taken off to wash as desired.

MASTOPEXY

- * Wash the operative area with an antibacterial soap beginning 3 days prior to surgery and including the day of surgery. Pay special attention to your chest and underarm areas.
- * You will be placed in a compression bra to serve as a support bandage. This bra must be worn for 2 weeks after surgery. Do not remove bra until told to do so, although you may

sponge bathe around the bra. Lotions, deodorants, etc. are permitted.

- * There may be some bruising or swelling present in the neck and chest area.
- * Keep your upper arms close to your torso. No lifting, bending or straining.
- * If any problems develop, especially extreme swelling or tenderness on one side, notify your doctor.
- * Activity Limitations:
 - a) Do not engage in any activity which requires you to raise your arms above your head for 3 weeks.
 - b) No activities such as swimming, golf, tennis or any other strenuous activity for 6 weeks.

MINOR SURGERY (With Sedation)

- * A local anesthetic is used with IV sedation and you will need a ride home and someone to stay with you that evening.
- * Wash the operative area with an antibacterial soap.
- * An appropriate dressing will be placed over the wound. Do not remove or change the dressing until told to do so. Keep dry and clean.
- * If bandage becomes soaked with bright red blood, do not remove the original dressing. Place another dressing over the original bandage and call your doctor.
- * After the sutures are removed you will need to protect the scar from the sun by using an SPF sunblock of 30.
- * Activity as tolerated the day after surgery.
- * No alcohol for 24 hours after surgery.

MINOR SURGERY (Without Sedation)

- * If on the face, head or neck, do not wear jewelry or make-up
- * A local anesthetic is used and will not interfere with driving.
- * The doctor will place an appropriate dressing over the wound. Do not remove or change unless directed to do so.
- * After the sutures are removed protect the scar by using an SPF sunblock of 30.

OTOPLASTY

- * Wash the operative area beginning 3 days prior to surgery, including the day of surgery.
- * A local anesthetic is used and will not interfere with driving.
- * An appropriate dressing will be placed over the operative site and should remain in place for up to one week. Do not remove unless otherwise directed.

REDUCTION MAMMOPLASTY

- * Wash the entire chest area from your neck to your waist, including under your arms, with an antibacterial soap for 3 days prior to surgery and including the day of surgery.
- * You will be placed in a compression bra to serve as a support bandage which must be worn for 2 weeks after surgery.
- * You will have a bandage post-operatively. Keep dry and intact.
- * Activity Limitations:
 - a) No driving for 1 week
 - b) No heavy lifting, bending, stooping or straining.
 - c) No strenuous activity such as aerobics, swimming, golf or tennis for 4 weeks.

RHINOPLASTY

- * You will possibly have a cast or splint on your nose which will be removed in approximately 1 week.
- * You will have some packing inside your nose which should be kept in place for 1-5 days, depending on the surgery done inside the nose.
- * Keep your head elevated and use ice pack over the eyelids for the first 24 hours after surgery.
- * Sleep on a least 2 pillows.
- * No lifting, bending over, straining, sneezing or blowing nose, sniffing for 2 weeks.
- * Variable degrees of tissue response can be expected which include:
 - a) Swelling-You will possibly have some swelling of the eyelids and occasionally the upper lid in addition to the nose. A major portion of the swelling will disappear in approximately 10 days but there will be some residual small amount of swelling of the nose for up to 6 months.
 - b) Black & Blueness-This is caused by bleeding under the skin and it migrates around

the eyelids. Some people have very little discoloration where others have more. This usually disappears in 2 weeks.

- c) Numbness-The tip of the nose may be slightly "numb" but will return to normal.
- d) Bleeding-Some drainage of blood is expected in small amounts over the first few days. If hemorrhage or excessive bleeding should occur, consult your doctor.
- e) Discomfort-Most people have minimal discomfort

SEPTORHINOPLASTY

- * Wash the operative area beginning 3 days prior to surgery including the day of surgery.
- * You will have a cast or splint on your nose to hold the newly positioned bones in place. Please do not touch the cast or splint or disturb the plaster about the periphery of the cast. The cast or splint will be removed in approximately 1 week.
- * You will have some packing inside your nose. It will be necessary to keep this in place for 1-5 days, depending on the surgery done inside the nose.
- * You are requested to keep your head elevated and use some ice packs over the eyelids for the first 24 hours. Sleep on at least 2 pillows.
- * Variable degrees of tissue response can be expected following surgery to include:
 - a) Swelling - It is anticipated that you will have some swelling of the eyelids and occasionally the upper lip, in addition to swelling of the nose. A major portion of the swelling will disappear in 10 days but there will be some residual small amount of swelling of the nose for up to 6 months.
 - b) Black & Blueness - This is caused by bleeding under the skin and it migrates around the eyelids. Some people have very little discoloration where others have more. This usually disappears in 2 weeks.
 - c) Numbness - The tip of the nose may be slightly "numb" after surgery but in time this will improve and return to normal.
 - d) Bleeding - Some drainage of blood is expected in small amounts over the first few days. If hemorrhage or excessive bleeding should occur, consult your doctor.
 - e) Discomfort - Most people have minimal discomfort after the first night. Your doctor will prescribe medication if this persists.
- * You will return to the office on approximately the 5th day or so for cast and packing removal.
- * No lifting, bending over, or straining for 2 weeks.
- * No sneezing, blowing nose or sniffing for 2 weeks.

SUBMENTAL LIPECTOMY DIRECT EXCISION

- * Wash the operative area with an antibacterial soap the night before and the morning of surgery.
- * Do not have hair colored sooner than 10 days before surgery. No permanent waves for at least 3 weeks before surgery.
- * There will be a bandage about the head and neck.
- * There will be some bruising and swelling already present when you leave the hospital. It will reach its maximum in about 48 hours.
- * You may have a drain or drains in place and you will be instructed as to the management of these.
- * Keep your head higher than the heart at all times. Sleep at a 30-45 degree angle.
- * Keep your neck extended when resting.
- * No lifting, bending, stooping or straining.
- * Keep chewing to a minimum. Stay on clear liquids for the first 24 hours. (clear soups, caffeine free beverages) Drink plenty of liquids and do not use a straw.
- * Keep talking to a minimum to let the face and neck rest.
- * Refrain from caffeinated beverages for at least 1 week.
- * You may shampoo your hair on the second day. Remember to brush hair carefully as you still have sutures.
- * On the 4th or 5th day following surgery, the sutures in front of the ears will be removed. Bring a scarf or loose hat with you to wear home, if desired.
- * One week after surgery you will return to have the remaining sutures removed.
- * Between the 1st and 3rd week, most of the bruising and swelling should have subsided.
- * New scars must be protected from direct sun by use of a sunblock for 6 weeks.
- * If applicable: You may start to use make-up applied carefully on the 10th day.
You may color your hair and have a permanent 6 weeks after surgery.