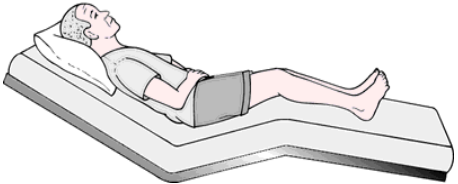


Post-Op Care Instructions

***IN CASE OF EMERGENCY PLEASE CALL 9-1-1 BEFORE CONTACTING ANYONE ***

You can call our office for urgent and important concerns: 888-903-2362

Getting Settled at Home After Surgery

- 1) Mobility: When you need to stand up and walk, someone must be there to help. You can get light headed and fall when walking around and while going to the bathroom.
Safety Tip: Sit up for 3 minutes. Stand up for 3 minutes. THEN, walk slowly for 3 minutes WITH ASSISTANCE. Sit to pee – all patients. Leave bathroom door unlocked and open so someone can help you if you need help.
- 2) Sleeping arrangement: Pillows! Use them to help you sleep in a “Lazy Boy position.” Tip: Place a small pillow under the arch of the back, two pillows under the knees, two behind the head. If you have had fat transfer to the buttocks, you will have to shift your weight side to side.
 
- 3) Food & Hydration: During this postoperative time, it is important to remain well hydrated. Make sure you drink plenty of fluids and stay well hydrated. When you feel like eating, you can start off with broth, chicken soup, apple sauce, and crackers. Then ease into a regular diet over the next 48 hrs.
- 4) Pain Medication: (Oxycodone/Percocet, Hydromorphone/Dilaudid, Lortab, etc.): Take 1-2 tabs every 4-6 hours as needed for pain. Tip: Stay ahead of the pain! Stay ahead of your pain, take one pain killer then 45 minutes later, if you are still in pain take the second one. Maximum 2 tablets every 6 hours.
- 5) Antibiotics: You had antibiotics during surgery at the facility. It is fine to start taking the antibiotic at 6pm the night of your surgery and continue as instructed (some antibiotics are twice a day, some are three times a day) -until the full course of antibiotics is complete. Please avoid having an empty stomach when taking the antibiotic.
- 6) Nausea: Nausea, is usually well managed with medication (Zofran (ondansetron) and Scopolamine patch). If you still feel nauseous, chew on ice chips, or try drinking room temperature water and eat small pieces of toast.
- 7) Apply cold compress/ice to the treated areas for 5-10 minutes every 3-4 hours (on top on compression garments) for 2 days. Please do not apply directly to the skin.
- 8) Please leave all compression garments on. NEVER take compression garment or adjust/loosen garments while standing. You can only do so while in bed.
- 9) If you had liposuction, expect the incisions to be leaking/draining “kool-aid” like fluid, which is normal for the next 2-3 days. Some patients use old shower curtains to protect the mattress or mattress protectors, and old towels to help absorb the fluid, or puppy pads.
- 10) If you have a drain, you must empty it every 4 hours or as needed and record the output every time.

Make sure to add all of the outputs that were taken throughout the day and total them at 24 hour mark everyday day for each drain.

Please scan this QR code to watch instructional video on drain maintenance
Link provided: https://www.youtube.com/watch?v=QtAd16_PLdQ&t=91s



An iPhone app is available that you might want to use, called DrainIQ, which makes it easier to record and track drain outputs. Here is a QR code that will take you to it. <https://apps.apple.com/us/app/drain-iq/id1100445683>



- 11) If you were prescribed Lovenox (enoxaparin) – blood thinner shot, administer it in the thigh or arm at 6 hrs after completion of surgery as directed by the doctor or nurse. Please scan this QR code to watch instructional video on how to inject.

Link Provided: <https://www.lovenox.com/patient-self-injection-video>



Call your surgeon if you experience any of the following:

- Excessive pain
- Bleeding
- Redness at the incision site
- Fever over 101 degrees Fahrenheit.

If you have a drain in place, do not shower, otherwise you may shower in 2 days
If you had facial surgery, shower only from the neck down in 2 days

Remove dressings and compression garments in 2 days
and re-apply dressings and garment

No strenuous activity or heavy lifting or straining for 4 weeks
Resume normal diet 1-2 days

Postoperative Appointment: Please call the office tomorrow to confirm your follow up appointment, usually 7-10 days after surgery. Your surgeon will have the staff schedule follow-up visits at appropriate intervals based on your healing progress. It is important to come to all of your postoperative appointments, so your progress can be monitored closely.

Prevent Falling: If you need to stand up, someone must be there to help. You can get light headed and fall when walking around and while going to the bathroom. Sit up for 3 minutes. Slowly stand up for 3 minutes. Walk slowly for 3 minutes WITH ASSISTANCE always. This rule applies to every time you get up, especially for when you walk to the bathroom and use the bathroom.

- Leave bathroom door unlocked and open so someone can help you if you need help.
- Sit down when you have to go pee – all patients, men and women.
- If you feel dizzy or light headed, lie down and call for assistance.
- Keep your phone with you at all times.

What is Normal?

- Sore throat/ Dry mouth/chapped lips
- Bruising and swelling
- Early or late menstrual cycle
- Slow digestion/loss of appetite
- Feeling Bloating
- Lower back pain
- Fatigue
- Mild pain/ throbbing
- Numbness/Tingling or itchiness
- Feeling “zings” when moving around
- Fluid that looks like "Kool-Aid" after liposuction.
- If you have a drain, it is normal to see string like clumps in the tubing or reservoir.

DO NOT:

- Do not Remove or put your compression garment off when standing.
- Do not use warm/hot compress – you may scald yourself since the area is numb.
- Do not take blood thinners (unless prescribed by the surgeon).
- Do not peel the steri -strips off.
- Do not use anti-bacterial soaps or wipes, band-aids, hydrogen peroxide, Neosporin, betadine, or alcohol wipes on your incisions and skin unless instructed.
- Do not lift anything heavier than a gallon of milk, until cleared by the staff.
- Do not have lymphatic massages until cleared by the staff.

- Do not shower if you have a JP Drain, unless specifically instructed by the staff.
- Do not submerge the incision in a bath or swimming pool for 4 - 6 weeks.
- Do not bend over or squat to pick or lift something up.
- Do not ever operate heavy machinery or drive when taking pain and/or anxiety medication.
- Do not use duct tape, electrical tape, scotch tape, silk tape, heavy duty medical grade tape on your skin. This will cause blisters. Please try to have the compression garment hold the gauze in place.

Medications

You should have filled your prescriptions before surgery. It is important to have them readily available as soon as you get home for your safety and convenience. All medications prescribed are taken during your recovery after surgery. Typically, patients are prescribed pain killers, antibiotics, anti-nausea pills and/or patch, a muscle relaxant, possible blood thinner, possible eye ointment.

Tip: Set an alarm on your phone to help remind you of when to take your medications.

Pain Medication: Stay ahead of your pain, take one tablet of pain medicine, then 45 minutes later if you are still in pain take the second one. Please try to do this every 6 hours as needed.

Stool Softener: While you are taking pain medicine, you are encouraged to follow a high fiber diet and take a stool softener such as Colace (available over the counter), as pain medications tend to cause constipation. You should also take an over-the-counter stool softener such as Colace 100 mg twice a day. ALL narcotic based pain-killers cause constipation, and you may need to take an over-the-counter suppository if you have not had a bowel-movement in a reasonable period of time.

Antibiotics: Take the full course of antibiotics as prescribed by your surgeon. Have a piece of toast before taking your antibiotic. Please finish your antibiotic prescription (usually 5-7 days of taking antibiotics).

Anti-nausea: If prescribed the anti-nausea patch, you will need to apply it 2-3 hours before surgery. You should remove the patch 3 days post op. Make sure to dispose of it properly, since it can be toxic to pets. Zofran (ondansetron) pills are taken as needed every 6-8. hours if you are feeling nauseous post op.

Muscle Relaxant: A muscle relaxant (Valium or Ativan) is for muscle spasms and can be taken every 6 to 8 hours. Try to alternate taking the valium and pain medication, since the valium is often the more effective way to control the discomfort.

Eye Ointment: Eye ointment medication (Maxitrol) is usually prescribed for eyelid procedures. Please apply a small single dot on the lower lash line of each eye and blink.

Lovenox Injection: If you were prescribed Lovenox (enoxaparin) – blood thinner shot, administer it in the thigh or arm at 6 hours after completion of surgery as directed by the doctor or staff. Your injection will be done in the thigh or upper arm. Do the injections every day at the same time until you are done with the full course that was prescribed.

Please scan this QR code to watch instructional video on how to inject.

Link Provided: <https://www.lovenox.com/patient-self-injection-video>



Diet & Digestion

Hydration: Start with clear liquids such as broth or Gatorade and toast or crackers. If those are well tolerated, progress to a regular diet. During this postoperative time, it is important to remain well hydrated. Make sure you drink plenty of fluids and stay well hydrated. Signs and symptoms of becoming dehydrated due to poor intake are feeling dizzy, having a dry mouth, and producing small amounts of concentrated malodorous urine. If you experience these difficulties, increase your fluid intake and contact your doctor.

Food: Remember to eat healthily! Eat proteins, green leafy veggies, and whole grains to speed your recovery and maintain good bowel movement.

Nausea: Nausea is usually well managed with medication (Zofran/Scopolamine patch). If you still feel nauseous, chew on ice chips, or try drinking room temperature water and toast.

Bowel Movement: Everyone has different bowel habits. ALL narcotic based pain-killers cause constipation, and you may need to take an over-the-counter suppository if you have not had a bowel-movement in a reasonable period of time.

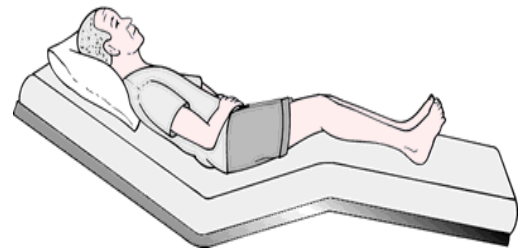
Mobility & Sleeping Position

Mobility: SAFETY IS PRIORITY. You may slowly walk and climb stairs with ASSISTANCE immediately after surgery. Someone must be there to help you stand and walk for 2-3 days after surgery. Try to walk around the dining table twice a day with assistance. Walking helps with circulation and helps with bowel movements.

To avoid risk of falling: Sit up for 3 minutes. Slowly stand up for 3 minutes, then walk slowly for 3 minutes WITH ASSISTANCE. Sit to pee, leave bathroom door unlocked and open so someone can help you if you need help.

Sleeping Position: Sleeping in semi-fowler position is important for your comfort. Please refer to the image on the right.

- Facial procedures, chest/breast surgery, tummy tucks, liposuction, fat grafting, semi-fowler position.
- For breast surgery and/or arm surgery, semi-fowler position and prop each arm on a couple of pillows.
- For BBL procedures, semi-fowler position and place one or two pillows behind your thighs and lower back to “lift” you off the bed to reduce pressure on the buttocks/hips.
- For leg or knee procedures, semi-fowler position and prop your legs up on a few pillows to reduce swelling.



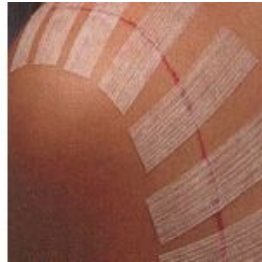
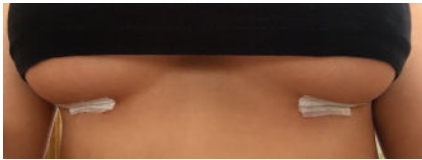
Wound Care & Pain Relief

Pain Relief: In addition to the prescribed pain medications, use a cold compress at your surgical site for 5-10 minutes each up to 4 times a day to help with discomfort for the first 48 hours. Place cold compress over your compression garment or wrap in a soft cloth, NEVER directly on the skin.

Wound Care: If you have a compression garment, abdominal binder or bra, please leave it intact until your follow up appointment. You may adjust or remove the garments to change your dressings as needed, but you must always put the garment back on (while lying in bed).

Do not use duct tape, electrical tape, scotch tape, silk tape, heavy duty medical grade tape on your skin. The will cause blisters. Please try to have the compression garment hold the gauze in place

Steri -strips look like this:



If you had a face lift, please leave the dressing in place until your follow up visit. You can loosen the ace bandage a little if you feel that it is too tight.

If you had eyelid surgery, please do not peel the steri -strips off or cut any exposed sutures. You can use artificial tears and a cotton swab to gently clean the dry blood along the inner corners of your eyes.

If you had liposuction and your gauze is soaked, you can adjust the compression to change gauze as needed, but only while lying in bed. If you do not have gauze at home, consider using fragrance free maxi pads. They hold more fluid than gauze and they keep your skin dry.

If you had a tummy tuck or breast surgery, you can remove the top dressing, but leave the steri-strips (butterfly tapes) in place. These will fall off in approximately 1-2 weeks. You may reapply fresh gauze on top of the incision site to prevent the abdominal binder or bra from irritating it.

Swelling: Swelling is normal and will increase around day 3 of your recovery. Moderate swelling and bruising should be expected during the first 2 to 3 weeks after surgery. Mild swelling will continue for 2 to 3 months. Swollen areas tend to stay numb, sometimes up to 6-9 months, and may feel “fat.” Women may notice additional swelling and discomfort during menstruation. Please hold off on lymphatic massages until cleared by the doctor.

Drains: After surgery, you may have drain(s). This device suctions and collects fluid from your surgical area. The drain promotes healing and recovery, and reduces the chance of infection. The drain will be in place until the drainage slows enough for your body to reabsorb fluid on its own.

If you go home with a drain, empty and record its daily output. The initial fluid looks bloody for 2 days and then becomes a watery-bloody mixture thereafter. Empty & recompress to put the reservoir on suction every 4 hours even if it is not full or if there is no fluid coming out. Please use the chart attached to record the outputs.

It is normal to see string like clumps in the tubing or reservoir, you can strip the drain to help move the fluid along. Please review the attached step-by-step instructions and please watch the video by scanning the QR code or by clicking on the link provided.

Please scan this QR code to watch an instructional video on drain management.

Drain Management Video Link:

https://www.youtube.com/watch?v=QtAd16_PLdQ&t=91s

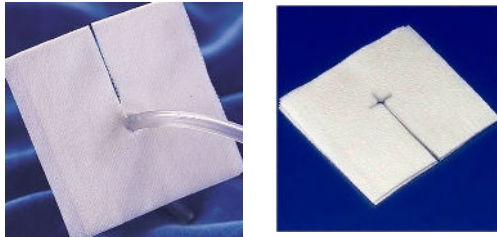


An iPhone app is available that you might want to use, called DrainIQ. Here is a QR code that will take you to it. <https://apps.apple.com/us/app/drain-iq/id1100445683>



Keep a clean dry dressing over the site where the drain enters the body. Change this dressing daily if possible. The staff will remove the drain when the output slows down to 30cc or less total in a 24-hour period over 2-3 days.

To change the dressing around your drain site, please use the following template to cut the gauze properly, then place the gauze around the drain site:



The drain is usually removed 7 days after surgery depending on the output. Once the drain is removed, you will need to keep a dressing or band-aid over the drain site for 1 to 2 days or until the drain site heals over.

Compression Garment

Please keep your compression garment on 24/7 until we see you at your follow up visit. You may take it off as needed to freshen up or to change the dressing. You can also wash the compression garment 2 days after surgery (cold wash, tumble dry low) or switch out to a new compression garment.

You **MUST** be in bed when taking compression garment off and putting compression garment back on. You will need assistance with this. Please **DO NOT STAND** while doing this. You can get light headed and fall.

Please be mindful of how the compression garment is sitting on your skin. To avoid blisters and/or irritation, add a barrier to the skin at the pressure and friction points of the garment (usually located under arms, torso, the back, breast folds, groin creases) by using pads. If you had a tummy tuck or liposuction consider using a soft breathable undershirt, then put the compression garment on top of the undershirt.

Hygiene

If you have a drain, you may shower once it is removed. Consider doing sponge baths or using cleansing wipes to get the “hot spots” – private parts, armpits, etc. while the drain(s) is in place.

If you do not have a drain you may shower 48 hours. No baths in a tub or hot-tub. You must have help when you are planning to shower. Please remove your dressing and compression garment while in bed. Take a brief 5-minute tepid water shower using sensitive skin body soap. Do not use anti-bacterial soap to shower. When you shower, do not let the water stream run directly over your incisional site. Gently pat dry and re-apply fresh dressings (if

necessary) and compression garment. You can moisturize untreated areas using sensitive skin hypoallergenic, fragrance free lotion.

If you had facial surgery you can shower from the collar bone down 2 days after surgery. Please refrain from washing your hair and face until cleared by the doctor. You can moisturize untreated areas using sensitive skin hypoallergenic, fragrance free lotion.

Do not submerge in a bath or swimming pool for 4 to 6 weeks, or until cleared by the doctor.

Getting Back into Your Daily Activity

Driving: No driving for at least 72 hours after your procedure or while taking pain medicine and wait to be cleared by your doctor.

Activity: We will discuss your physical limitations at your first and second follow up appointments. Usually, after 2 weeks you may resume moderate activity such as brisk walking. During the first 6 weeks do not lift anything heavier than a gallon of milk. After 6 weeks you may resume more strenuous aerobic work and lifting activities as tolerated, by easing into your routine.

Work: Depending on your career and your rate of healing you should be able to return to work within 1-2 weeks of surgery. Your surgeon will be able to give you a better estimate depending on your physical and professional profile.

Smoking and Alcohol: Do not smoke, vape, hookah or use nicotine patch/gum for the six weeks after surgery as it impedes wound healing and can lead to serious wound complications. Do not consume alcohol while taking pain medications or antibiotics.

Sun Exposure: If new scars are exposed to the sun, they will tend to become darker and take longer to fade. Make sure you wear a high SPF sunscreen with UVA and UVB protection and or a brimmed hat for the first 6 months after surgery.

Scar Healing & Swelling: At 2 weeks if cleared by the doctor, you can start to massage the surgical site to allow the swelling and inflammation to subside. Also, you can initiate the use of over the counter scar gels, or physician-grade Pursil available at our office, to help the scars heal optimally. You may also consider our LED light therapy treatments and/or scar laser treatments.

Start an over-the-counter multivitamin or prenatal vitamins (even for men !) to help rebuild the body.

Remember, the body continues to remodel and refine scars by its own natural collagen degradation and rebuilding process for over one year.

You may also start on Ibuprofen 400 mg by mouth three times a day if you do not have medical contra-indications to it (such as kidney problems, liver problems, gastric bleeding, or allergy to ibuprofen). This anti-inflammatory effect of ibuprofen can accelerate the healing, and should be continued from week 2 to week 6.

Here is a video link that can be watched in addition to the instructions:

<https://www.youtube.com/watch?v=bNlrH0TDvlg&list=UUtOggzL5Pwj9KiqXJt28ZyQ&index=31>



EXPLANATION OF MEDICATIONS

Pain-Killer (1-2 tablets taken every 6 hours as needed)

Name		Generic	Purpose
Percocet	5/325 mg	oxycodone + Tylenol	pain relief
Oxycodone	5 or 10 mg	oxycodone	pain relief
Lortab	5/500 or 7/5.500 or 10/500mg	hydrocodone + Tylenol	pain relief
Tylenol #3		codeine + Tylenol	pain relief
Dilaudid	2 mg	hydromorphone	pain relief
Ultram	50 mg	tramadol	pain relief
Motrin	400 mg	ibuprofen over-the-counter	non-narcotic NSAID
Aleve	220 mg	naproxen over-the-counter	non-narcotic NSAID
Tylenol	650 mg	acetaminophen over-the-counter	non-narcotic NSAID

Antibiotics (for 3-10 days after surgery)

Name		Generic	Purpose
Keflex	500 mg 3 times a day	cephalexin	prevent bacterial infection
Cipro	500 mg twice a day	ciprofloxacin	prevent bacterial infection
Levaquin	500mg once a day	levofloxacin	prevent bacterial infection
Cleocin	300 mg four times a day	clindamycin	prevent bacterial infection
Valtrex	500 mg twice a day	valacyclovir	prevent shingles/cold-sore
Diflucan	150 mg once a day x 2 days	fluconazole	treat yeast infection

Anti-Nausea

Name		Generic	Purpose
Zofran	8 mg oral disintegrating tab	ondansetron	treat nausea/vomiting
Scop Patch	<i>start 2-3hrs before surgery</i>	transdermal scopolamine	treat nausea/vomiting

Sedative

Name		Generic	Purpose
Xanax	0.25 mg tablets	alprazolam	reduce anxiety
Ativan	1mg tablets	lorazepam	reduce anxiety
Ambien	5 mg tablets	zolpidem	sleep-aid for insomnia
Valium	5 mg tablets	diazepam	muscle tension/anxiety

Miscellaneous

Name		Generic	Purpose
Lovenox	40 mg once a day injection	enoxaparin	prevent blood clots/DVT
FloMax	0.4mg start 5days before surgery	tamsulosin	urination for older men
Maxitrol	ointment to both eyes twice a day	neomycin/polymyxin /dexamethasone	topical antibiotic for eye
Arnica gel/pill	homeopathic over-the-counter	arnica Montana	may help with bruising

How to Empty your JP Drain

Please scan this QR code to watch instructional video on drain management.

Drain Management Video Link:

https://www.youtube.com/watch?v=QtAd16_PLdQ&t=91s



- 1) Wash your hands thoroughly before emptying your drains(s).
- 2) Have a plastic measuring cup ready to collect and measure the drainage.
- 3) Unpin the drain from your clothing/garment.
- 4) Open the top of the drainage bottle/reservoir/bulb. Turn it upside down and squeeze the contents of the bulb into the measuring cup. Be sure to empty the bulb as completely as possible.
- 5) Use the chart attached or the Drain IQ app to record the amount of drainage every 4 hours or when its full. Record the total for 24 hours. If you have more than one drain, record the drainage output separately.

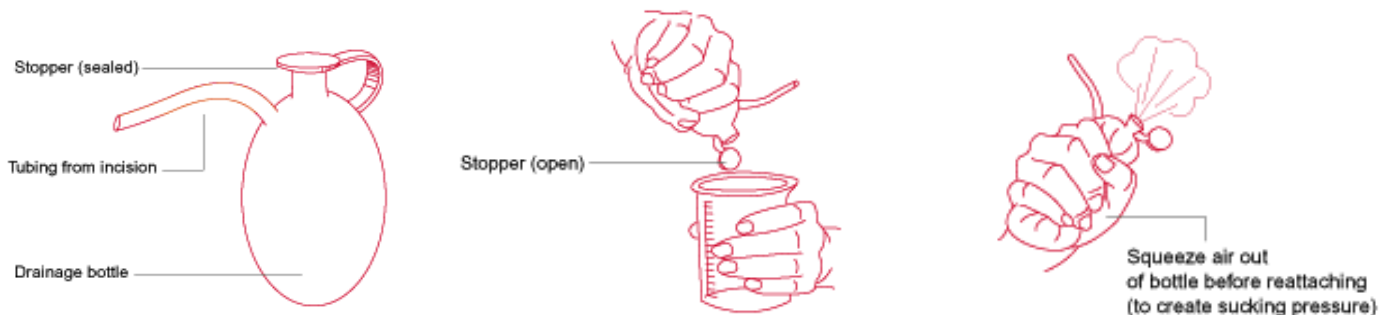
An iPhone app is available that you might want to use, called DrainIQ.

Here is a QR code that will take you to it.

<https://apps.apple.com/us/app/drain-iq/id1100445683>



- 6) Once emptied, use one hand to squeeze all of the air from the drain. With the drain still squeezed, use your other hand to replace the top. This creates the suction necessary to remove the fluids from your body.
- 7) Pin the drain back on your clothing/garment to avoid pulling it out accidentally.
- 8) Wash your hands again. Remember to wash your hands before and after the procedure to reduce the risk of infection.



		OUTPUT Every 4 hours as needed throughout the day, in cc/mL				TOTAL OUTPUT OVER 24 HOURS
DAY 1 DATE:	TIME	DRAIN 1	DRAIN 2	DRAIN 3	DRAIN 4	DRAIN 1: DRAIN 2: DRAIN 3: DRAIN 4:
DAY 2 DATE:	TIME	DRAIN 1	DRAIN 2	DRAIN 3	DRAIN 4	DRAIN 1: DRAIN 2: DRAIN 3: DRAIN 4:
DAY 3 DATE:	TIME	DRAIN 1	DRAIN 2	DRAIN 3	DRAIN 4	DRAIN 1: DRAIN 2: DRAIN 3: DRAIN 4:
DAY 4 DATE:	TIME	DRAIN 1	DRAIN 2	DRAIN 3	DRAIN 4	DRAIN 1: DRAIN 2:

					DRAIN 3:
					DRAIN 4:
	OUTPUT Every 4 hours as needed throughout the day, in cc/mL				TOTAL OUTPUT OVER 24 HOURS
DAY 5 DATE:	TIME	DRAIN 1	DRAIN 2	DRAIN 3	
					DRAIN 1:
					DRAIN 2:
					DRAIN 3:
					DRAIN 4:
DAY 6 DATE:	TIME	DRAIN 1	DRAIN 2	DRAIN 3	DRAIN 4
					DRAIN 1:
					DRAIN 2:
					DRAIN 3:
					DRAIN 4:
DAY 7 DATE:	TIME	DRAIN 1	DRAIN 2	DRAIN 3	DRAIN 4
					DRAIN 1:
					DRAIN 2:
					DRAIN 3:
					DRAIN 4:

An iPhone app is available that you might want to use, called DrainIQ. Here is a QR code that will take you to it. <https://apps.apple.com/us/app/drain-iq/id1100445683>



Patient Signature

Print Patient Name / Date