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(504) 349-6400

POST-OP INSTRUCTIONS-GENERAL

Name: _____

- If you have excessive pain, bleeding, or a fever of 101 or greater orally, call the office at (504) 349-6400 day or night. A physician will call you back.
- **Dressings:** Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.
- **Activity:** Take it easy and pamper yourself. We want you to avoid straining and straining and aerobic activity for at least 3 weeks after surgery or until specifically okayed by your physician. This will help decrease unnecessary bleeding, bruising, or swelling. Your surgeon will let you know when to resume strenuous exercise or activity as the time may vary with procedures.
- **Leg Exercises:** Begin doing leg exercises as soon as you begin to recover from anesthesia. Point and flex your toes 5 to 10 times every hour.
- **Ice Packs:** Use ice packs to reduce swelling, bruising, and pain for 3 days after surgery, unless otherwise instructed.
- **Diet:** If you are free from nausea and vomiting, return to a normal diet as tolerated.
- **Smoking:** Smoking reduces capillary flow to the skin thus impeding the healing process. Therefore; we ask that you not smoke for at least 3 months after surgery, especially after a facelift, breast lift, breast reduction, or tummy tuck.
- **Alcohol:** Alcohol dilates the blood vessels and thereby may increase post-operative bleeding. Most importantly, the combination of alcohol and prescription pain medication can be very dangerous. We ask that you do not drink while taking pain medication.
- **Driving:** Please do not operate complex or dangerous machinery for at least 24 hours after general anesthesia or intravenous sedation or while taking prescription pain pills. Also, if you do not have full vision or do not have full range of motion of your neck, do not drive.
- **Legal Decisions:** Do not make any important decisions for at least 24 hours after surgery.
- Please follow and review any procedure specific post-operative instructions given to you.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date