

RICHMOND PLASTIC SURGEONS

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GENERAL POST-OPERATIVE INSTRUCTIONS

DIET: Start with a light meal and bland food following your surgery. Then advance your diet to normal as tolerated. If you had general anesthesia, it is not uncommon to experience nausea and/or vomiting. If this lasts for more than 24 hours, please call the office.

ACTIVITY: Take it easy on the day of your surgery. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities the day after surgery, then increase your activities to normal as tolerated. Please observe the following restrictions until cleared by your surgeon.

Activity Restrictions: _____

BANDAGES/INCISIONS: It is normal for incisions to ooze a little bit of bloody fluid for several days. If you experience excessive bleeding from any incision, call the office immediately. Spreading redness, excessive swelling, increasing pain, and fever greater than 101.5°F are never normal, and you should call the office immediately if any of these occur. Please observe the following wound care instructions for each incision listed:

There is skin glue covering the following incision(s). You may get it wet in the shower starting the day after surgery. The skin glue will fall off on its own. At one week, you may gently scrub the skin glue or peel it off if it has not fallen off already. _____

There are external sutures in the following incision(s). Remove any bandages the day after surgery and they may get wet in the shower. You should apply a light coat of antibiotic ointment (such as bacitracin, polysporin, or Neosporin) directly to the incision twice daily. If you have permanent sutures, they will be removed in the office typically 5-10 days after surgery. _____

Change the following bandages: _____

DO NOT CHANGE the following bandages. Keep clean and dry at all times until follow up with your surgeon. _____

BATHING: You may shower the day after surgery using regular soap and shampoo, unless directed otherwise. Water running over most incisions in the shower is alright. However, do not submerge or soak any incision for at least a week, or longer if instructed. No tub baths or swimming (pool, river, lake, ocean, etc.) until your incisions are fully healed and you are released by your surgeon.

MEDICATIONS: take as directed. Do not drive while taking narcotic pain medication. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle. If you take warfarin (coumadin), you should resume this the evening after your surgery. If you take another blood thinner, such as Plavix, Eliquis, Xarelto, Pradaxa, Savaysa, etc., you should resume this the day after your surgery, unless directed otherwise by your surgeon.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

SPECIAL INSTRUCTIONS: _____

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.