

A NEW FACESM: Facial Plastic Surgery
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Tel. #706-844-2871
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PATIENT NAME: _____ Date: _____

POST-OP INSTRUCTIONS – GENERAL

- If you have excessive pain, bleeding or a fever of 101° or greater orally, call the office at (706) 844-2871. After office hours contact the answering service at 1-888-993-4918. They will reach the physician on call and have him contact you.
- 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 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 5-10 times every hour.
- ICE PACKS: Use ice packs to reduce swelling, bruising and pain for 3 days after surgery, unless otherwise instructed. We recommend a routine of 30 minutes on and 30 minutes off.
- DIET: If you are free from nausea and vomiting, return to a normal diet as tolerated. It is advisable to start with foods that are light such as soups or broth or jello. If you remain free of nausea, you may progress your diet accordingly.
- SMOKING: Smoking reduces capillary flow to the skin, thus impeding the healing process. Therefore, we ask that you not smoke for at least 10 days 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. If your vision or movement is restricted at all by dressings or pain, please do not drive. We recommend having someone drive you for your first post op visit.
- LEGAL DECISIONS: Do not make any important decisions for at least 24 hours after surgery.
- A nurse will call you the evening of your surgery to see how you are feeling and answer any questions you may have.
- 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.

Signature

Date