

Elite Plastic Surgery

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Immediate Post op Instructions

- **Make sure you have an adult stay with you for the first 24-48 hours after surgery.**
- **(*May not apply to you)** Drain Management – Please empty JP drain at least every 4 hours for the first 2 days. Please expect to have a large amount of reddish-yellow drainage for the first 48 hours. Please measure how much drainage you empty every time you empty it. Please make sure the suction is reactivated every time you empty the drain. You reactivate the suction by squeezing the JP drain bulb and closing the top. Please do not drive if you have the drains in place.
- You may resume your diet once leaving the recovery area. You may consider starting with a clear liquid diet (chicken broth, jello etc...) for the first few hours after surgery and advance as tolerated.
- **(*May not apply to you)** Please continue to wear compression garments until you see us for your week 1 post op appointment (this may be scheduled 6-14 days off depending on your surgery). You may only take off your compression garment only to shower.
- **You may shower at 48 hours after surgery. You can take off all bandages with the exception of steri-strips or splint/ cast.**
- **Please make sure you get up and walk around your house** every few hours even if just for 5 minutes at a time. This will help circulation and prevent blood clots. Also, please remember to take deep breaths and cough to exercise your lungs and prevent pneumonia.
- Please take medications as prescribed. If you plan to take pain medication (Percocet/oxycodone), nerve pain medication (Gabapentin) and a muscle relaxer (Flexeril) please make sure you allow 2 hours in-between all of those medications.
- **Do NOT** drive on oxycodone or flexeril, or any medications that alert your thinking or reaction time.
- **No heavy lifting, on follow-up the doctor or nurse practitioner will update you on your restrictions.**
- **Please plan to see us for your 1-week post op. Please call the office if you have any questions.**

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- Bruising and swelling is normal with most procedures, however, if it is progressively getting worse the skin becomes red, dark and/or warm to the touch or if you are experiencing pain that is uncontrollable please contact the office ASAP (we have an answering service after office hours including on holidays etc. and you can reach one of the Drs)

Medications Prescribed (not all medication may apply)

Scheduled Medications:

- **Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow prescription ordered)** is an antibiotic you must take for a total of 5 days.
- **(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery)** is used for prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.
- **Tylenol (Acetaminophen)** (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours).

Highly Recommended: Scheduled Medication over the counter

- Docusate Sodium (Colace) AND Senna: Stool softener: start one day following your surgery EVERY DAY if you're taking narcotic pain medication.
- Magnesium hydroxide (Milk of Magnesia): Bowel Stimulant start one day following your surgery if you have not had a bowel movement since surgery. These may be taken together with Senna and Colace.

As needed:

- **Anti-inflammatory: Toradol (ketorolac) (started day of surgery as needed, please follow prescription ordered)** This is a different form of Ibuprofen so please stay away from other anti-inflammatory while taking this medication.
- **Nerve Pain: (itching/burning/tingling): Gabapentin (Neurontin) (started day of surgery as needed, please follow prescription ordered)** is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.
- **Muscle Relaxer: Cyclobenzaprine (Flexeril) 5mg (started day of surgery as needed, please follow prescription ordered)** is a muscle spasm medication.

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- **Narcotic Pain Reliever: Oxycodone 5 mg (started day of surgery as needed, please follow prescription ordered)** is an oral narcotic prescribed to manage your pain.