

Elite Plastic Surgery

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FLAP POST OP BASICS

Basics:

1. Surgery will be about 6-8 hours in length with a minimum of 2 night stay in the hospital.
2. The hospital does have visiting hours and usually allows for one family member to stay overnight.
3. Please provide the information of the designated person to the doctor and pre-op nurse to contact after surgery.
4. You can shower at 48 hours, this may occur in the hospital or at home. You can remove all gauze pads, however any adhesive dressing or surgical tape will need to remain in place. Please do not submerge your incision lines under water for 6 weeks.
5. You will have one drain in each breast and possibly 1-2 in the belly or bilateral thighs depending on your procedure. The hospital will show you how to use these and monitor output. They typically come out at 1-2 weeks. These will be pulled out in the office when they are producing less than 30cc's in a 24 hour period.
6. We will call you to schedule your follow-up and answer additional questions 1-2 days after surgery.
7. The hospital will give you a bra and abdominal binder. You can go into a sports bra without underwire that is NOT compressive. You may also wear tight leggings, biker sports or underwear that covers your abdomen and or thighs and provides compression.
8. You will feel abdomen tightness and pain, that will cause you to be bent over and not want to stretch out. This is normal and lasts about two weeks. You may need to sleep in a recliner or with a lot of pillows to ease the discomfort.
9. Take stool softener as prescribed or over-the-counter Colace and Senna each day if you require narcotic pain medication.
10. We want you up and walking to prevent blood clots, but no strenuous activity or lifting.
11. No baths and when you shower no scrubbing, just let the soap and water rinse down.
12. You may not feel like eating, you must drink protein shakes.
13. No lotions to surgical sites.
14. If you have any additional questions please call.
15. Remember: DO NOT SMOKE or be around smoke. This is very important as we need all the oxygen to our incision line.

Medications Prescribed (not all medication may apply)

Please take all your medications as prescribed.

Scheduled Medications: Please take these medications as scheduled

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Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered) is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

(*May not apply to you) **Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery)** is used for the 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)

As needed: These medications are scheduled “as needed” per your pain level. We provide you with many types of medications that focus on the “type” of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.

Toradol (ketorolac): 10 mg every 6 hrs = 15 tabs

Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

Gabapentin (Neurontin): 100 mg; every 8 hours = 48 tabs (16 days)

Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the 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.

***this medication can make you sleepy, please do not plan to drive on this medication**

Cyclobenzaprine (Flexeril): 5 mg; every 8 hrs = 10 tabs

Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

***please do not drive while on this medication**

Oxycodone (Narcotic Pain Reliever): po every 4-6 hours as needed = 30 tabs

Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered) is an oral narcotic prescribed to manage your pain.

***please do not drive while on this medication**

Docusate Sodium (Colace): Stool Softener: every 12 hours = 14 tabs (7 days)

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Senna: Bowel Stimulant: every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.