

# 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)