

POST-OPERATIVE HOME CARE INSTRUCTIONS

Your recovery will depend on the type of procedure you have. Your surgeon will provide you with specific instructions relevant to you and the recovery for your specific surgery. However, there are some general guidelines that you can follow to maximize your recovery and reduce the risk of complications. These pages contain a basic description of post-operative instructions. It is intended to help those who have undergone plastic surgery better understand post-operative home care, not to replace the post-operative instructions you received from your surgeon.

The First 48 Hours Following Surgery

- Avoid alcohol for as you are using pain medications and at least one week after surgery.
- Do not drive a motor vehicle, operate heavy machinery, or plan on making any important decisions.
- Once home, start with liquids and soft bland foods, then progress to your regular diet as tolerated. Increase your protein intake with meats, poultry, fish, or lentils. Consider supplementing with protein shakes as well.
- Take your medications as instructed – do not take any other medications or deviate from the instructions you have been given without consulting your surgeon.
- Keep your dressing clean and dry and do not remove it unless you have been instructed to do so.
- Rest and relaxation is advised during the first 48 hours following your surgery. You should be getting up out of bed at for at least 5 minutes every hour while awake the day after your surgery if tolerated. Walking is the best form of exercise after surgery and will help reduce the risk of blood clots.
- Smoking Cessation is advised; smoking reduces the capillary flow in the skin and can affect your healing process.
- Follow the schedule of your post-operative appointments for optimal healing.

Additional Tips Following Surgery

- Avoid straining or aerobic activity for at least three weeks following surgery to avoid swelling, bleeding, and bruising. Consult with your surgeon regarding when you can return to your normal activities.
- Avoid sun exposure directly to the areas of incision to decrease scarring.