

INSTRUCTIONS FOLLOWING SURGERY

bathing

- You may shower and wash your hair 2 days after surgery. Be very gentle around the ears and when combing or brushing your hair.

wound care/ dressing

- You will have suture strips on your incisions. Please leave those on until you see us.
- Keep incisions clean and dry.
- Wear your compression garment continuously until instructed otherwise.
- Your incisions may weep blood tinged fluid, especially if liposuction was also used. This is normal.

reasons to call

- If you have increased swelling or bruising or swelling on only one side.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature greater than 100.4 degrees.
- If you have any yellow or greenish drainage from your incisions or notice a foul odor.
- If you have bleeding from your incisions that cannot be controlled with light pressure.
- Call the office at 336-765-8620 if you have any questions, problems or concerns. Someone is on call 24 hours a day to assist you.

activity

- Start walking as soon as possible, this helps to reduce swelling and lowers the risk of developing blood clots.
- Do not drive until you have full range of motion with your arms and are no longer taking prescribed pain medication.
- No heavy lifting (10 lbs or a gallon of milk) for 3-4 weeks after your surgery.

medications

- Take pain medications as prescribed, if needed. They should take the edge off, but may not make you completely pain free.
- Do not take aspirin, ibuprofen, Motrin, Aleve or Advil as these may increase your risk of bleeding and bruising.
- You may take Tylenol instead of your pain medication, but do not take them together.

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what to expect

- Post-operative pain is expected, but should not be severe.
- Temporary bruising, swelling, soreness, and burning sensations are expected. Your arms may also be sore.
- Swelling may take a few weeks to dissipate.
- The surgical area may be numb for a time.
- Most sutures are dissolvable, some will have to be removed in our office.
- You may resume your normal diet as you feel able.

questions/ concerns?

We have a doctor on call 24 hours a day. We are here for you! **Call us at 336-765-8620.**

