



## **POST-OP INSTRUCTIONS – General**

In almost every case the post operative course is very smooth. We take great strides to prepare you ahead of time for what to expect and provide the best post-operative regimen for ease of recovery. If you have excessive pain, bleeding or a fever of 101 or greater orally, call the office at (248) 322-3362. After office hours contact the on call physician at (313)745-0203 and enter pager 0978#, then follow the directions to enter your call back number. This will reach the physician on call and have him/her contact you. Keep your head elevated at least 30-45 degrees at all times (2-3 pillows). Do not lift anything over ten pounds and do not bend over.

**DRESSINGS:** Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.

**ACTIVITY:** Take it easy and pamper yourself. We want you to avoid straining and aerobic activity for at least 3 weeks after surgery or until specifically approved by your physician. This will help decrease unnecessary bleeding, bruising or swelling. Your surgeon will let you know when to resume strenuous exercise or activity as the time may vary with procedures.

**LEG EXERCISES:** Begin doing leg exercises as soon as you begin to recover from anesthesia. Point and ex your toes 5-10 times every hour.

**COOLING:** Use cold compresses continuously during waking hours. Frozen peas often work best in 20 minute “on-off” intervals.

**DIET:** If you are free from nausea and vomiting, return to a normal diet as tolerated. It is advisable to start with foods that are light such as soups or broth or jello. If you remain free of nausea, you may progress your diet accordingly.

**SMOKING:** Nicotine use reduces capillary flow to the skin, thus impeding the healing process or causing skin necrosis. Therefore, we ask that you not smoke or use any nicotine containing product for at least 10 days after surgery, especially after a facelift or other flap surgery.

**ALCOHOL:** Alcohol dilates the blood vessels and thereby may increase post-operative bleeding. Refrain from alcohol for one week before and two weeks after your operation. Most importantly, the combination of alcohol and prescription pain medication can be very dangerous. We ask that you do not drink while taking pain medication.

**DRIVING:** Please do not operate complex or dangerous machinery for at least 24 hours after general anesthesia or intravenous sedation or while taking prescription pain pills. If your vision or movement is restricted at all by dressings or pain, please do not drive. We recommend having someone drive you for your first post operative visit.

**LEGAL DECISIONS:** Do not make any important decisions for at least 24 hours after surgery. A nurse or doctor will call you the evening of your surgery to see how you are feeling and answer any questions you may have. Please follow and review any procedure specific post-operative instructions given to you. The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

*Patient Signature:*

*Date:*



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