

BENBROWN,MD

PLASTIC & RECONSTRUCTIVE SURGEON

POST-OPERATIVE INSTRUCTIONS

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

Both sides of your body heal differently: One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

Normal symptoms after surgery include the following:

- Tightness and stiffness
- Bruising, swelling and redness
- Numbness, tingling, burning or intermittent shooting pain
- Skin firmness, hypersensitivity or lack of sensitivity
- Mild severe itchy feeling (an antihistamine like Benadryl can help to alleviate this)
- Swelling can cause the skin in treated areas to appear shiny

These are normal experiences as the skin, tissues and sensory nerves heal and will resolve over time.

CALL THE OFFICE IMMEDIATELY **850 500 7527** IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.
- A severely misshapen region anywhere on your body or bruising that is localized to one specific point.
- If you have drains, you may experience additional localized discomfort such as constant sharp pain.

Showering

- If you only had liposuction or fat transfer, you may shower the day of surgery.
- If you had no implants placed, you may shower 24 hours after surgery.
- If you had any implants or mesh placed, you may shower 48 hours after surgery.
- It is ok to shower with a drain

Swimming or Bathing

- 3 weeks after surgery
- You cannot go swimming or take a bath if you have a drain in place or if you have any open wounds.

Exercising

- 1 week after surgery OR 1 week after all drains are out.
- If you had any muscles cut or tightened (tummy tuck, hernia repair, DIEP flap, breast augmentation under the muscle) do not lift more than 20 pounds for 6 weeks.

Diet

- Drink plenty of fluids, so that your urine is not cloudy or dark yellow. You should be urinating every 4-6 hours.
- Eat lots of protein. Now is not the time to diet and lose weight. You should eat at least 100 grams of protein each day. Protein supplements will help get you there. Reach your goal at 100g each day.

Drains

- Empty drains when they are half full.
- Record the date, time and volume of fluid removed.
- You can also use an iPhone app called "Surgical Drain Logger." When a drain is full it will temporarily stop functioning (sucking), which can cause fluid to build up and the drain to clot off. It is best to keep up with emptying your drains.
- We can remove a drain in the office when it makes less than 25mL in 24 hours.** Just give us a call and we will schedule you in within 1 day.

Garment/Binder

- If you go home with a binder, keep it on at all times unless you are showering, until you come for your first office visit.
- Wear the post-operative garment given to you at all times for 4 weeks, after which you may wear it for 12 hours a day.
- You can stop wearing the garment 8 weeks post-op.

Incision and Scar care

Healing incisions like to be clean and moist. Keep them clean with warm soapy water. Dove soap is good. Hibiclens (chlorhexidine) is bad. Keep them moist with Aquaphor or Bacitracin. Do not use Neosporin. Time and lasers make scars look good. Sunlight makes scars look bad therefore use sunblock if your scars are exposed to sunlight.

It is normal to still have some swelling, discomfort, tightness and tingling.

Understand that bruising can take 2-3 weeks to subside and swelling can take 3-6 months to fully subside.

Remember it takes up to a year for everything to completely heal.

The final appearance of your scars will not be known for up to one year as it takes 12 months for a scar to mature.

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