

GENERAL POST OPERATIVE INSTRUCTIONS

1. Activity:

- Routine but take it easy for the first 24 hours if you took Ativan for your procedure.
- No heavy exercise, bending, lifting, bathing, swimming, sun exposure, smoking or sports for _____
- Ativan will make you forgetful, Do not sign important papers for 24 hours

2. Position:

- Elevate head and back on 2 pillows while sleeping if you had facial or breast surgery.
- You can use old linens on your bed/pillow tonight if you have any oozing.
- Elevate extremity if you had hand/arm or foot/leg surgery.

3. Ice Packs:

- Yes, 20 minutes on/ 20 minutes off
- No

4. Wound care:

- Leave tapes in place until next appointment.
- Keep area clean and dry.
- DO NOT use washcloth for face if you had any facial surgery.
- Clean visible incisions with Q-tip 3 x day using ½ strength hydrogen peroxide (Mix with tap water).
- Apply a thin layer of Bacitracin ointment. (Don't allow crusts to collect on stitches). Do not pick the crusts. Discontinue use of ointment after 10 days in all areas except eyes. For eye areas, use for 5 days.
- No makeup on incisions until fully healed and after stitches are removed

5. Driving

- Driving restricted for 24 hours after taking Ativan or prescription pain medications.

6. Medications After Surgery:

- Duricef 500 mg or Cipro 500 mg** twice a day for 3 doses (antibiotic). See Medication Timeline. Please take this with food as it may cause stomach upset.
- Flexeril 10mg** 3 times per day for 5 days (muscle relaxant).
- Norco (10/325)** 1 tab every 6-8 hours as needed pain.
- Colace** as needed for constipation (stool softener).
- Continue **healing supplements/surgery vitamins** until gone.
- If you have a **Scopolamine patch** continue to wear 3 days after surgery (anti-nausea patch) *Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause blurred vision if your eye is rubbed.*
- Zofran 8 mg** ODT every 12 hours as needed for nausea. DO NOT TAKE IF YOU ARE ON ANTI-DEPRESSANTS.
- Celebrex 200 mg per day:** 100 mg twice a day

7. Shower

- May shower _____ days after surgery. If you have a garment, remove to shower then replace.

GENERAL POST OPERATIVE INSTRUCTIONS

8. Expect

- Expect oozing from incision after surgery. Itching is a normal part of healing as are bruising and swelling.

9. Watch carefully for excessive redness, swelling, bleeding, discharge, fever (over 100 F), or pain not relieved by medication.