

DeVito Plastic Surgery Center

POST OPERATIVE PATIENT INSTRUCTIONS

PATIENT: _____

****Please review & follow these instructions in preparation for your surgery. It is advised that your caregiver also clearly understands these instructions****

- Immediately following surgery, **do not shower or remove any garments/dressings until instructed by the doctor.** Sponge bathing is allowed.
- Pain and discomfort is expected. **Take your prescription narcotic pain medication only as needed and as instructed.** Narcotic pain medications need to be taken with food to avoid upset stomach, nausea and vomiting. You may discontinue your narcotic pain medication and switch to plain Tylenol as soon as your pain level permits.
- You will not be permitted to drive as long as you are taking your prescription narcotic pain medications, or for a minimum of 1 week post operatively.
- Narcotic pain medications may be constipating. We suggest using Metamucil, stool softeners, or gentle laxatives as needed.
- A bland diet is recommended for the first 24-48 hours post operatively (Ex: crackers, toast, rice, oatmeal, 7-up, Gatorade, ginger ale, etc.).
- Take the antibiotic prescription until it is finished.** You may have refills available on your prescription. If you encounter problems obtaining a refill, contact our office immediately with a current pharmacy number so we may assist you.
- If you have drains, please bring your updated drain output sheet to each post-operative appointment. If your drains lose suction, or if you develop other drain problems, please call the office immediately.**
- Do not cut or trim any exposed suture that you may see.** Most sutures will dissolve over time. Any areas that need attention or trimming will be handled by the doctor. If any of these areas are bothersome, please notify the office.
- After Dr. DeVito or her staff has removed your dressings,** you will begin to apply antibiotic ointment 2-3 times a day for two weeks to your incisions, or around your drain openings. Occasionally patients will develop a rash from applying antibiotic ointment. **If you notice redness or a bumpy rash around your incisions following applying the ointment, discontinue use, allow the area to dry, and call the office.**
- If Dr. DeVito has used DERMABOND* to seal your incisions,** do not apply liquid or ointment or any other product to the wound site while the DERMABOND* adhesive film is still in place. If you are applying a bandage or dressing to your wound site, be sure not to place any tape over the adhesive film. While the film is in place it is important to keep it dry and do not scratch, rub, or pick at the film. Once the wound is healed, the film will sluff off, at this time you may apply antibiotic ointments.
- After your first post operative week, begin applying Dermatix scar treatment to your incisions until you are comfortable with their appearance.
- You will need to sleep in a reclining position (45 degree angle) for approximately 3-7 days post operatively. You may place pillows under your knees to ease lower back discomfort.
- Limit your activities post operatively.** This means no exercise, aerobic activities, housekeeping (vacuuming), etc. Walking is encouraged but should be limited to slow, short walks. **Normal exercise and activities may be resumed after six weeks, unless otherwise indicated.**
- No heavy lifting over 10 pounds following any breast or abdominal procedures (including liposuction) for approximately 3-4 weeks post operatively.
- Any compression garments that have been provided for your surgery will need to be worn for 4-6 weeks post operatively, 24 hours a day, 7 days a week, unless instructed otherwise.** Dr. DeVito or her staff will advise you when you are able to discontinue wearing your garment.
- Do not soak in a bathtub or go swimming until Dr. DeVito or her staff has advised you that you may do so. (minimum of 2 weeks post operatively)
- Most patients return to work 1-2 weeks post operatively. **Please check with Dr. DeVito or her staff prior to returning work.**
- Please allow 1-2 weeks for all necessary disability paperwork for your employer to be completed.**
- Please direct all questions and concerns regarding your procedure to our office only.** Please do not contact your primary care physician, or friends & family for questions or advice pertaining to your surgery. Any messages you leave with our office or answering service will be returned as soon as possible. **If you encounter an emergency, please go to the closest emergency room.**

Please call our office with any questions you may have before or after your surgery at 480.889.3000

Patient Signature _____ Date _____ Witness _____