

POST-OPERATIVE INSTRUCTIONS

DR. BEN BROWN

A successful surgery requires a cooperative relationship with you and your surgeon. Once your surgery is completed, you **MUST** follow all the instructions given to you in order to heal properly and have a good outcome. We strongly encourage you to ask our staff for guidance and avoid the recommendations of friends, family and the internet.

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

Common 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 to severe itchy feeling (Atarax may be prescribed and can help alleviate this).
- Swelling can cause the skin in the treated areas to appear shiny.
- If you have drains, you may experience additional localized discomfort such as a constant sharp pain.

CALL THE OFFICE IMMEDIATELY (850)-500-7527 AND/OR MESSAGE IN THE KLARA IF YOU EXPERIENCE ANY OF THE FOLLOWING

- A fever, (over 100 degrees)
- Severe nausea and vomiting that prevents you from eating or taking the prescribed medications.
- Persistent dizziness or incoherent behavior, such as hallucinations.
- Pain that is not managed by the pain medications plan provided to you.
- 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.
- Failure to urinate.
- Chest pain/tightness.
- No desire to eat persisting more than 1 day after.

Showering

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

Swimming or Taking a Bath

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

Exercising

- 4-week after surgery you may transition back to exercising
- If you had any muscles cut or tightened (tummy tuck, hernia repair, DIEP, TRAM, or LAT Flap, Breast Augmentation under the muscle) **DO NOT** lift more than **10 pounds for 6-weeks**

Diet & Nutrition

- Dieting or restricting calories for weight control is **DISCOURAGED** for 6-weeks after surgery.
- Staying hydrated with plenty of fluids is **ENCOURAGED** .

1: Avoid sugary juices and beverages.

2: You should be urinating every 4-6 hours.

3: Your urine should be clear to pale yellow and not cloudy or dark yellow

- A high protein diet using healthy proteins (chicken, beef, fish, nuts and beans) will improve healing
- We **STRONGLY** recommend that you eat at least 100 grams of protein (or more) each day for **1 week** before surgery and **6 weeks** after surgery.
- Protein supplements will help you get there but you should not be used to replace meal
 - Taking arnica can help minimizing bruising

Drains

- It is best to empty your drains at regularly scheduled times. When a drain is full it will temporarily stop functioning (sucking), which can cause fluid build up and the drain to become clogged or clot off.
- Empty drains when they get **half full**.
- Record the date, time and volume of fluid removed using the lines on the bulb for reference. You can also use an Iphone app called "Surgical Drain Logger"
- **We can remove a drain in the office when it makes less than 25 mls in 24 hours.**

Garment(s) - Abdominal Binders, Body Suits and Bras

Post-operative garments provide comfort and support the healing process.

- If you go home with an abdominal binder:
 - 1: Remove and reposition the binder frequently throughout the day
- Wear the recommended garment(s) all day with the exception of taking it off to wash and shower for 4 weeks. After 4 weeks, you may wear it for 12 hours during the day. 1: You may take the garment(s) and binder off to shower and wash it.
- You are strongly encouraged to wear your garment(s) for 6 weeks after surgery. You can stop wearing the garment(s) 6 weeks after surgery.

Incision and Scar Care

- All incisions leave a scar.
- Scars can take up to 1 year to fully evolve.
- Following our recommendations will minimize the appearance of scars.
- The Steri-Strips/Prineo Dressing applied to your incisions immediately after surgery need to be removed after 10-14 days by our office. At which time paper tape MAY be applied for another 7 days.

Sunlight makes scars look bad therefore you are **STRONGLY** encouraged to use sunblock containing a zinc oxide or titanium on your incision when sun exposure is possible.

- Bathing suits do not protect your incisions from the damaging effects of the sun.

After Any Surgery

Swelling, discomfort, tightness and tingling are to be expected in the immediate 6-12 weeks.

Sensory Changes, Tingling, numbness and swelling can persist up to a year.

Bruising can take 2-3 weeks to subside and swelling can persist up to 3-6 months.

The final appearance of your incisions take 12 months to fully mature.

Post-Operative appointments should be scheduled for:

- It is your responsibility to keep all post-operative appointments. Make sure your next appointment is scheduled before leaving.
- Failure to keep your post-operative appointments can result in poor outcomes.
- In general, we usually follow the following schedule but this will change depending on your procedure and how well you are healing.
 - 1: 1-3 days after surgery
 - 2: 1-2 weeks after surgery or whenever a drain is ready to come out.
 - 3: 3 months after surgery
 - 4: 6 months after surgery
 - 5: 1 year after surgery

