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## GENERAL HOME CARE AFTER PLASTIC SURGERY

- **WOUND CARE AND HYGIENE:**
  - THE DOCTOR WILL REMOVE YOUR DRESSING AT THE FIRST POSTOPERATIVE APPOINTMENT.
  - ONCE THE DRESSING IS REMOVED, YOU MAY CLEAN THE AREA WITH SOAP AND WATER AND PAT IT DRY.
  - YOU MAY NOT BATHE OR SHOWER UNTIL INSTRUCTED TO DO SO, HOWEVER YOU MAY TAKE A SPONGE BATH.
  - EXPECT SMALL AMOUNTS OF BLOOD-TINGED DRAINAGE AT THE INCISION SITE FOR 2 – 3 DAYS. YOU MAY COVER THE SITE WITH A BANDAGE.
  
- **DIET:**
  - START WITH A LIGHT DIET AND PROGRESS TO A REGULAR DIET.
  
- **ACTIVITY:**
  - GENERAL LIGHT ACTIVITY AND WALKING IS ENCOURAGED, BUT DO NOT "WORK OUT" OR DO STRENUOUS ACTIVITY UNTIL AFTER YOUR FIRST DOCTOR'S VISIT. GENERALLY EXERCISE IS LIMITED FOR THE FIRST 6 WEEKS AFTER SURGERY. SEXUAL ACTIVITY MAY BE RESUMED WHEN YOU ARE COMFORTABLE.
  
- **WHAT TO EXPECT AFTER SURGERY:**
  - YOU MAY HAVE SWELLING, TENDERNESS, NUMBNESS, AND DRAINAGE AT THE SURGICAL SITE. THESE SYMPTOMS SHOULD RESOLVE SEVERAL WEEKS AFTER YOUR SURGERY.
  - SINCE EMERGENCIES ARE UNPREDICTABLE, PLEASE HAVE SOMEONE STAY WITH YOU THE FIRST 24 HOURS AFTER YOU ARE HOME.
  
- **MEDICINES:**
  - TAKE YOUR USUAL MEDICINES AS PRESCRIBED BY YOUR PRIMARY DOCTOR.
  - **ASK THE DOCTOR WHEN TO RESTART ASPIRIN OR BLOOD THINNERS DAYS AFTER YOUR SURGERY.**
  - YOU MAY BE GIVEN A PRESCRIPTION FOR ANTIBIOTIC AND/OR PAIN MEDICINE.
  
- **SMOKING:**
  - SMOKING INTERFERES AND HEALING. PLEASE DO NOT SMOKE FOR 2 WEEKS BEFORE OR AFTER SURGERY. THE NICOTINE PATCH OR GUM IS ALSO NOT RECOMMENDED.
  
- **CALL THE OFFICE AT IF YOU HAVE:**
  - FEVER ABOVE 100.5 F
  - EXCESSIVE PAIN
  - REDNESS AT THE INCISION SITE
  - DRAINAGE THAT HAS INCREASED OR CHANGED