

## ACTIVITY

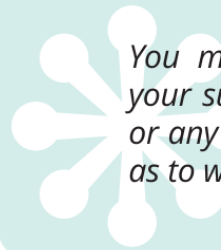
- Rest frequently the first week. Walk around the house every 2 hours for the first 48 hours. It is important to walk early and often after surgery to help keep the blood circulating in legs and helps you take deep breaths.
- Avoid picking up anything heavier than 1-2 pounds or bending over for the first week. The doctor will advise you when you can start lifting anything heavier.
- No heavy exercise, sports, or strenuous activity until released by your doctor, typically around 4-6 weeks.
- No smoking or being around smoke for at least the first four-six weeks as it will interfere with healing.
- Avoid prolonged sun exposure, tanning beds, or heat to avoid swelling for 4 weeks.
- No driving until 24 hours after your surgery AND you are no longer taking prescribed pain medication.
- You may shower in 24-48 hours post-op.

## DIET

- Eat light for the first 24 hours, clear liquids advancing to a regular diet as tolerated.
- If you have persistent nausea, stick to a bland diet until it subsides.
- The pain medication can cause some constipation. Drink plenty of fluids. Over the counter laxatives such as Colace and Milk of Magnesia are okay to take if needed.

## MEDICATIONS

- If prescribed an antibiotic, take until the bottle is completely empty.
- The pain medication is a narcotic and should be taken as prescribed. Do not take additional Tylenol with pain meds, as it already has Tylenol in it.
- You should not drink alcohol or drive while you are taking your prescribed pain medication.
- The pain medication can cause some nausea so should be taken with food at each dose.



*You may resume your regular meds after your surgery. If you take Aspirin, Coumadin, or any blood thinner, check with your doctor as to when you can resume.*

## CALL THE OFFICE FOR THE FOLLOWING

- Temperature over 101 degrees
- Excessive bleeding that saturates dressings
- A sudden increase in drainage, pain, or swelling at the incision site or surrounding area.
- You suspect an allergic reaction to medications or bandage material i.e., shortness of breath, a rash or redness, hives, etc.
- Chest pains or shortness of breath. More swelling and/or pain on one side more than the other (if bilateral procedure was performed).
- If you have persistent nausea or vomiting.
- Any questions/concerns regarding your care.

**423.756.7134**

is a 24-hour answering service number so if you need us outside of office hours, someone will answer your call and have the on-call doctor paged.

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INSTRUCTIONS

## STATEMENT OF ACCEPTANCE

By signing this document, I agree that I have been given these post-operative instructions and information regarding my procedure. I also agree that a staff member from RefinedLooks Plastic Surgery has reviewed this with me and/or my caregiver. I also agree to strictly adhere to these instructions, as neglect to do so may result in an undesirable outcome.

\_\_\_\_\_  
PATIENT SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
STAFF SIGNATURE

\_\_\_\_\_  
DATE

**RL**  
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