

**After Surgery:** Keep the operative site clean and dry for the first 24 hours. After the first 24 hours, it is OK to shower. After 24 hours, please remove all dressings, including the yellow Xeroform gauze strips (if applicable). Change all dressings (Maxi-Pads and other absorbent pads work well) daily and expect some drainage on all dressings. Do not use tape/adhesives on the skin as this will blister and tear the skin.

### **Abdominoplasty**

1. After showering, apply Neosporin ointment to the incision, apply new, clean dressings, and hold in place with your undergarments. Please replace the abdominal binder. Thick, absorbent pads (such as Maxi-pads) provide the most comfort for the first 2-3 days. Once the wounds are fully healed (7-10 days), dressings are no longer required, and a cotton T-Shirt under the abdominal binder is very comfortable. An abdominal binder or strong girdle is required for 6 weeks to minimize swelling and discomfort.
2. **Early mobilization, such as short walks, is beneficial. You should be walking around at home after surgery.**
3. Take 10 deep breaths using your incentive spirometer every hour while awake.

### **Blepharoplasty**

1. For the first 3 days, keep your head and shoulders elevated on at least 2 pillows. Place 2 drops of artificial tears into each eye every 4 hours except when you are sleeping; & apply Neosporin to suture lines twice daily. Before sleeping, put eye ointment into each eye. Use Swiss Therapy Masks while awake.
2. You may need to be instructed in lower lid massage depending on your progress. You will not look your best for 4 to 6 weeks after surgery.
3. Makeup is generally OK starting 5 to 7 days after surgery, depending on your progress.

### **Brachioplasty**

1. After showering, apply Neosporin ointment to both incisions and cover with clean dressings which will be held in place by ace wrap/compression garment. To prevent hand swelling, the upper extremities should be wrapped from the hands to the shoulders. Sleep with pillows under arms for comfort.

### **Breast Augmentation**

1. If you had augmentation by a periareolar approach, please remove the yellow gauze and begin a light application of Neosporin to the incision twice daily. If you had an inframammary approach, please leave the "butterfly" sutures, which are glued to the skin, intact (they will be removed at the 1<sup>st</sup> post-op visit).
2. Keep your bra on for comfort only. You may remove your bra to shower or at intervals for comfort as needed.
3. The breasts should be mildly firm and symmetrical. Bruising should be minimal to none. Most patients state that the worst aspect of their recovery is tightness and pressure for the first 3 to 4 days. You should be up and moving around the house after surgery. Most patients are back at work within one week.

### **Breast Reduction/ Mastopexy/Tissue Expander**

1. After showering, apply Neosporin ointment to all incisions and cover with clean dressings. I suggest Maxi-pads for both comfort and absorbency. You should hold the dressings in place with a sports bra that hooks or zip in front. Do not use tape or other adhesives on the breasts, as these will blister/tear the breast skin. If you prefer, you may continue to wear the ace wrap.
2. Adjust the sports bra or ace wrap as needed for comfort. No underwire bras are permitted for 8 weeks. Maxi Pads work well for padding, comfort, and protection for the first 2-3 weeks following your surgery.

### **Buttock Lift**

1. After showering, apply Neosporin ointment to all incisions and cover with clean dressings (your compression garment will hold them in place).

### **Facelift**

1. For the first three days, keep your head and shoulders elevated on at least 2 pillows and apply ice packs, or frozen peas for pain relief.
2. I will visit you either at home or at your hotel within 48 hours of your surgery. At that time, I will remove all of your dressings, remove the small drains behind each ear, and fit you with a facelift compression garment. The garment should be worn as much as you can comfortably tolerate. It is OK to remove it at intervals as necessary for comfort, but it is very effective at controlling swelling and maximizing recovery for the first 20 days following surgery.
3. After my home visit, you may shower ad lib. ½ strength peroxide is very effective in removing residual traces of blood from your hair. If incisions are "perfect," no particular care is required. If scabbing, drainage, or small imperfections exist, then I recommend Neosporin to the affected areas twice daily.
4. 14 days after surgery, you will probably be ready for makeup. Depending on your progress, you may be able to go back to work at a desk-type job. You will not look your best until 8 to 12 weeks after surgery.

### **Gynecomastia**

1. After showering, apply Neosporin ointment to all incisions and cover with clean dressings (compression garment/ace wrap will help hold them in place).

### **Liposuction**

1. **Early mobilization, such as short walks, is beneficial. You should be walking around after surgery. When you are not walking, please elevate the areas liposuctioned.**
2. Please remove your compression garment and remove all dressings one day after surgery. Showering is permitted at this time. Expect drainage from the small puncture wounds for the first 3 to 4 days. By the fifth day, there should be minimal to no drainage from the puncture wounds. Please apply fresh dressings to the puncture wounds daily and reapply the compression garment.
3. Schedule your 1st post-op visit 1 week after surgery and your 2nd visit 6 weeks after surgery, but you may call or come in for postoperative checks anytime.
4. Over the first 3 to 4 weeks expect, slow improvement in your contour. During this time, your garment will need to be changed to a smaller garment depending on your progress. I recommend a compression garment for a minimum of 6 weeks postoperatively. For patients who have liposuction of the saddlebags and inner thighs, biking shorts work very well starting 2 weeks postoperatively. Liposuction routinely requires 3 to 6 months to achieve the best, final contour.

### Otoplasty

1. Expect some drainage on the dressing & wear your headband as much as tolerable for the first two weeks. Keep head elevated on 3 pillows while in bed for the first three days. A recliner helps to offer good position/comfort.
2. Use ice packs to your ears for 24 hours. Crushed ice in a Glad Bag or a bag of frozen peas draped over the ears afford comfort. .
3. Bruising should be minimal to none. Sometimes there is swelling and discoloration of the ears. Otoplasty is mildly uncomfortable. You should be up and moving around the house after surgery. Most patients are back at work within one week of surgery.

### Rhinoplasty

1. Expect some drainage on the mustache dressing. Try not to get the external nasal splint wet when bathing. Change the mustache dressing twice daily and as needed. Please keep your head elevated on 3 pillows while in bed. A recliner offers excellent position/comfort.
2. Use ice packs or frozen peas draped over eyes (not resting on bridge of nose) for 24 hours for comfort and to reduce swelling.
3. Bruising should be minimal to none. Sometimes there is swelling and discoloration of the lower eyelids. Rhinoplasty is mildly uncomfortable. The most bothersome aspect of rhinoplasty for most patients is breathing through the mouth due to the internal nasal splints which hold the nasal bones and cartilage in alignment during healing. You should be up, moving around the house 1 day after surgery. Most patients are back at work within 1 week of surgery.
4. Please schedule your appointment approximately 5 to 7 days following your surgery for internal splint and suture removal. The external nasal splint usually loosens and falls off by seven days post op. If it is still in place at that time, please come to the office for splint removal.
5. Patients who undergo complete rhinoplasty return to a desk type job in 5 to 7 days. Usually some makeup is required on the lower lids to camouflage bruising. Tip swelling normally persists for 3 to 6 months. The other aspects of the rhinoplasty (hump reduction, alar wing reduction, thinning, and straightening) are usually appreciated within two weeks of surgery.

### Thigh Reduction

1. After showering, apply Neosporin ointment to all incisions and cover with clean dressings. Hold the dressings in place with your compression garment.
2. Elevate the legs above the level of the heart whenever you are not walking, as this position greatly reduces swelling of the legs and feet.
3. Most patients require 10 to 14 days off work (at a desk type job).

### Over the counter treatment for moderate to severe dry eye syndrome (available at your local drug store without a prescription)

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|----------------------------|--------------------|------------------|-------------------|-------------|-------------------|
| 1. <b>Artificial Tears</b> | Refresh Plus       | Refresh Endura   | B&L Moisture Eyes | Bion Tears  | Tears Naturale II |
|                            | Genteal (Moderate) | Refresh Liquigel | Refresh Celluvisc | Theratears  |                   |
| 2. <b>Eye Ointments</b>    | Refresh PM         | Duratears        | Lacrilube         | Genteal Gel |                   |

### Swiss Therapy Eye Mask Instructions- This is the most effective method of achieving maximum soothing, cooling, and swelling reduction.

You will be given two Swiss Therapy eye masks for your postoperative care. The mask gently conforms to your facial features and supplies uniform coldness. These masks are very delicate and will disintegrate if they dry out or if directions are not followed. They are very effective for the first 3 days following surgery. Thereafter, use them for comfort as needed.

We recommend application of the eye masks in 20-30 minute rotating cycles, lightly rinsing with tap water & returning to tray after each use. You may also store the masks in a zip lock bag with a little bit of water to retain moisture. While using one mask, store the other mask in the refrigerator, a bowl of ice (in its original tray), or in a small ice chest (in its original tray) kept next to the bed. This makes the rotation process easier and ensures that one mask is always cold and ready for use. You may place a damp washcloth, bag of crushed ice, or frozen peas over the mask to help hold in the coldness, but this is not required.

### For All Surgeries:

1. A responsible adult will need to assist you in properly applying dressings, garments, vests & ace wraps. Adjust as needed for comfort.
2. Clear liquids first. If no nausea, progress to soft foods; and then a regular diet as tolerated.
3. Avoid alcoholic beverages. Take medication as ordered. Do not take pain medication on an empty stomach. For patients with sensitive stomachs, the pain pills may be broken in half to reduce dosage. Over the counter medications such as Advil, Motrin, and Tylenol are encouraged to further decrease narcotic usage. In some instances, over the counter medications are all that is needed.
4. Smokers are at a high risk of wound healing and scarring problems. Smoking is prohibited for 6 weeks prior to and following surgery.
5. **You should be ambulating with assistance around the house after surgery. More walking and deep breathing exercises hasten recovery. Elevated operative site if possible when not walking.**
6. No bending over or lifting more than 10 lbs for 2 weeks. No exercise or participation in physical activities (including swimming) which may cause you to overheat, perspire, or which may elevate your heart rate for 6 weeks.
7. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey. Take Flexeril every 8 hours (if applicable).
8. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication)
9. For the first 24 hours, do not sign any legal documents, or operate machinery.
10. Have a responsible adult with you and take it easy.

### Call Dr. Lindsey at (504) 885-4508 for the following or with any questions, problems, or concerns :

1. Obvious bleeding, redness, hardness of the operative site, swelling, or pus at the wound.
2. If there is substantially more redness, swelling, or pain on one side (if applicable).
3. Persistent vomiting or fever over 101.5°
4. To schedule your follow-up appointment or when drains/sutures are ready for removal (if applicable).
5. Shortness of breath, severe calf or thigh pain.

### Additional Instructions:

Instructions given by:

Date:

Received/understood by:

Date: