



Abdominoplasty

1. Sleep with 2-3 pillows under head and one pillow under knees.
2. Keep abdominal binder in place and keep dressing on abdomen.
3. You may shower 24 hours post-op (remove binder to shower, then reapply). Do not take a tub bath.
4. Walk bent over for one week and refrain from lifting or bending.
5. Measure any drainage and record for doctor to see.
6. Take stool softener every night for 5-7 days and alternate pain medication with muscle relaxers.

Breast Procedures

1. Refrain from lifting anything greater than 7 lbs. and any strenuous activity or excessive arm movements.
2. Refrain from smoking or being in the company of smokers for 2 weeks.
3. Alternate pain meds with muscle relaxers.
4. Keep operative site clean and dry for 24 hours. After 24 hours post-op, you may shower (no tub baths), making sure that the clear tape and flesh colored steri-strips remain in place. Do not remove tape or steri-strips.
5. Remove ace wraps 24 hours after surgery. Do not re-apply.

Blepharoplasty

1. Rest your eyes: Use eye drops as prescribed, and do not read, watch TV, or rub your eyes.
2. While awake, apply ice (or frozen peas) to eyes, alternating 15 minutes on, and 15 minutes off for 24-48 hours.
3. Avoid any bending, stooping, lifting, or strenuous activity.
4. Keep steri-strips & tape in place as your eyes will be taped semi-closed for 5 days and the tape will be removed 5-7 days following surgery.

Facelift

1. Avoid putting your head down, bending, stooping, lifting, or strenuous activity.
2. While awake, apply ice (or frozen peas) to eyes, alternating 15 minutes on, and 15 minutes off for 24-48 hours.
3. Do not remove the dressing or get it wet for 24 hours.
4. After 24 hours, carefully unwrap the Ace wrap and Kerlex and take a lukewarm shower (you may wash hair).
5. Use the chin strap that you were given at your pre-op visit after showering.

Liposuction

1. Avoid any bending, stooping, lifting, or strenuous activity.
2. Some oozing from your incision sites is completely normal.
3. Do not remove your girdle or get it wet for 24 hours. 24 hours after your surgery, you may shower. You must remove the abdominal pads inside the girdle by unzipping one side at a time, removing the pads and then carefully zipping the girdle back up. Shower with girdle in place.
4. Do not replace the abdominal pads after 24 hours, but you must wear your girdle continuously for 3 months.

Rhinoplasty

1. Do not touch or rub your nose or eyes. Do not blow nose.
2. Sneeze with mouth open, breathe through your mouth, and do not suck through a straw.
3. Refrain from lifting anything greater than 7 lbs. and any strenuous activity or excessive movements.
4. Eat soft foods for two weeks.
5. While awake, apply ice (or frozen peas) to eyes, not over the bridge of the nose, alternating 15 minutes on, and 15 minutes off for 24-48 hours.
6. Keep tape and/or splint dry (use hand-held shower), and do not remove steri-strips, nasal packing, tape or splint.
7. Replace the drip pad as needed to your nose and only change the moustache dressing.

Post Operative Instructions



Thigh Lift

1. Leave garments in place.
2. Do not shower until you have been to your post-op appointment.
3. Ambulate out of bed as much as possible and do not get up without assistance for 24 hours.
4. Avoid any bending, stooping, lifting, strenuous activity, or exercise.
5. Use an over the counter stool softener as directed.

Brachioplasty

1. Avoid any bending, stooping, lifting, or strenuous activity. Restrict your arm movements and keep them as still as possible.
2. Some oozing from your incision sites is completely normal.

All surgeries:

1. Take 10 deep breaths each hour while awake
2. Sleep with 2-3 pillows under your head.
3. Eat a low salt diet for 2 weeks following surgery (3 months for liposuction)
4. For the next 24 hours, and while on any pain medications:
 - a. Do not sign any legal documents.
 - b. Do not operate any hazardous machinery
 - c. Have a responsible adult with you.
 - d. Take it easy and rest.
5. Call Dr. Massiha immediately at (504) 455-9441 if any of the following occurs:
 - a. You experience obvious bleeding
 - b. Fever 101 degrees and higher
 - c. Persistent vomiting or abnormal pain not relieved by your medications
 - d. Any unexpected redness, swelling, or puss from your incision sites
 - e. Shortness of breath, severe calf or thigh pain.
6. Call Dr. Massiha's office at (504) 455-9441 to schedule your Post-Op Appointment

Additional Instructions:

Today's Date:

Follow-Up Appointment:

Instructions Given By:

Instructions received and understood by:
