



Abdominoplasty / 2nd Stage Breast Reconstruction

1. The compression garment may become saturated with fluid, especially if liposuction was done. Please sponge bathe the patient until they see Dr. Sadeghi in the office. At the visit he will remove the girdle, padding and ONQ pain pump.
2. Keep your compression garment on at all times except to shower. The garment may be cleansed with soapy cold water and air dried. Wear garments for 3 weeks, after that time you may choose to wear it for support or switch to a spanx garment another few weeks. No tub baths until all incisions are completely closed completely.
3. Milk the drain tubing using an alcohol wipe and empty the bulbs every 8 hours or as necessary as shown (uncap, withdraw fluid with syringe, record amount, discard, squeeze air out, recap).
4. You may continue to have oozing from incisions ABD pads or feminine pads can be used for absorption
5. Take 10 deep breaths each hour
6. Once pain meds are finished you may alternate Tylenol & Advil as directed for pain as this should be sufficient for pain
7. No strenuous workouts for a min of 4 weeks or until discharged

Breast Reduction/Mastopexy

1. Keep the operative site clean and dry until you see Dr. Sadeghi. You may shower in 48 hours.
2. Reinforce the dressings, as shown, if needed. ABD pads or feminine pads can be used.

Liposuction

1. Keep operative site clean and dry. You may shower & dry yourself with a towel after 24 hours. You may remove compression during shower only.
2. Continue to wear the garment 3 weeks unless otherwise directed. May be cleansed with soapy cold water and air dried.
3. If your extremities were suctioned, elevate them to reduce swelling.
4. Oozing, swelling, and bruising is normal, but if one side appears different from the other, call Dr. Sadeghi.

Rhinoplasty

1. Keep Operative site clean and dry. You may shower in 24 hours, but keep the nasal splint dry.
2. Keep ice on your eyes for 24 hours, as instructed, but do not put pressure on your nose or eyes.
3. Change the drip pad under your nose as needed.
4. Keep head and shoulders elevated at all times, approximately 30 degrees to minimize swelling. Do not bend over to pick things up, put your shoes on, etc.

Otoplasty/Chin & Cheek Augmentation/Buccal Fat Excision

1. Keep operative site clean and dry until you see Dr. Sadeghi. You may shower after he removes bandages.
2. Reinforce dressings, as shown, as needed.
3. Keep head and shoulders elevated, especially at night to minimize swelling.
4. Remain on soft diet for 2-3 days (Buccal Fat Excision).

Fat Transfer

1. Apply ice glove, as shown by recovery room nurse, on lips for 24 hours.
2. You may use Vaseline on your lips to soothe dryness.
3. You may find it easier to drink through a straw.
4. Avoid foods that are hard to chew, spicy, or hot.

Face Lift

1. Keep operative site clean and dry until you see Dr. Sadeghi.
2. Keep head and shoulders elevated at all times, approximately 30 degrees to minimize swelling. Do not bend over to pick things up, put your shoes on, etc.
3. Empty drains as instructed and record the amount of discharge.
4. Ice packs to face as shown, for 24 hours.
5. Notify Dr. Sadeghi if there is hardness of face on palpation.

Breast Rejuvenation with Fat Transfer & Breast Augmentation

1. Keep operative site clean and dry for 24 hours. You may remove the bra and shower in 24 hours.
2. Keep bra on at all times (non-wire), except to shower. You may remove the bra at intervals for comfort, as needed.
3. DO NOT remove steri-strips from incisions.
4. For Breast Rejuvenation with Fat Transfer: DO NOT APPLY ICE PACKS TO THE BREAST.
5. For Breast Augmentation: Apply ice packs to the breasts & sides of the chest for 24 hours

Blepharoplasty

1. Keep operative site clean and dry for 24 hours. You may shower after 24 hours; washing face gently.
2. Keep head elevated & do not lift anything or bend over.
3. Apply drops (artificial tears) to the eyes every few hours or as often as needed.
4. Saline compresses with ice gloves to eyes constantly for the first 24 hours. Or apply frozen green peas.
5. Notify Dr. Sadeghi if blurred vision, swelling or hardness of eyelids, or severe pain or pressure at eyeballs is present.
6. Please apply neomycin ointment to suture lines at bedtime.
7. Please apply lacrilube to eyes at bedtime.

All surgeries

1. You must be off all pain medications and have a clear field of vision before driving
 2. For the next 24 hours:
 - a. Do not sign any legal documents or operate machinery.
 - b. Have a responsible adult help you.
 - c. Take it easy & rest.
 3. Clear liquids first, if no nausea, progress to soft diet, and then regular diet as tolerated.
 4. Take medications as ordered, and do not take any pain medication on an empty stomach. Once pain meds are finished you may alternate Tylenol & Advil as directed for pain
 5. Avoid alcoholic beverages.
 6. Resume any prior medications at home unless otherwise instructed by Dr. Sadeghi.
 7. Call Dr. Sadeghi at (504) 210-3831-office, or (504) 273-9800-cell for the following:
 - a. Obvious bleeding, excessive swelling, and tenderness
 - b. Hardness of face on palpation
 - c. Swelling & hardness at eyelids.
 - d. Fever over 101.0°
 - e. Shortness of breath, severe calf or thigh pain.
 - f. Redness, odor, or pus at the wound (some oozing is normal from incision sites and may continue for several days ABD pads or feminine pads can be used for absorption)
 - g. Persistent vomiting or pain that is not relieved by your medication.
 - h. To make your follow-up appointment , ask a question, or report a problem
 - i. **Additional Instructions:**
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Instructions given by:

Instructions received & understood by:

Wash your Hands Properly and Often

Most of us don't pay attention to how we wash our hands. We usually miss spots and take shortcuts. We can do better!

When to wash your hands

- Before and after you eat
- Before, during and after you prepare food
- After you use the bathroom or change diapers
- After you blow your nose, sneeze or cough
- Before and after taking care of someone who is sick
- After touching animals, their toys, leashes, or waste (poop)
- After touching something that could be dirty (garbage can, dirty rags, etc.)
- Before and after you clean a wound, give medicine or insert contact lenses

Handwashing tips



If you aren't near a sink, wash your hands with an alcohol-based hand sanitizer

- Put a blob of cleaner in your palm. Use about a half a teaspoon (3 ml).
- Rub your hands together as the cleaner dries. Rub all over: between your fingers, the backs of your hands, under your fingernails.
- Keep rubbing your hands until they are dry.

If you can see dirt on your hands, hand sanitizer won't work. You'll need to wash your hands at the sink, with soap.