PLASTIC SURGERY

THOMAS TREY SANDS, M.D.
PLASTIC AND RECONSTRUCTIVE SURGERY

# POST-OP INSTRUCTIONS

**PT LABEL HERE**

1. Keep the operative site clean and dry until you see Dr. Sands. Do not Shower.
2. Do not remove the bandage or garment. Dr. Sands will remove in office.
3. Elevate Head of Bed at least 30 degrees (2-3 pillows)
4. Do not drive until the Dr. Sands permits. You must be off medications and have a clear field of vision. Do not drive while taking any pain medication or narcotics.
5. 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.
6. Clear liquids first, if no nausea, progress to soft diet, and then regular diet as tolerated.
7. Take medications as ordered, and do not take any pain medication on an empty stomach.
8. Apply ice packs to:_____ □ N/A_____
9. Avoid alcoholic beverages.
10. Resume any prior medications at home unless otherwise instructed by Dr. Sands.
11. Use SCD pump at home for _____days. Return to Dr. Sands's office at your post-op visit.
12. Call **Dr. Sands at 504.888.4297** 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
    g. Persistent vomiting or pain that is not relieved by your medication.

    h. Follow Up Appointment Date:_____ Time:_____

**Additional Instructions:** _____

_____

***Instructions given by:***_____ ***Received by:***_____