

the MODERN

PLASTIC SURGERY & MEDSPA

Post-Operative Instructions

Abdominoplasty

1. The compression garment may become saturated with blood-tinged fluid, especially if liposuction was done - this is normal. Please sponge bathe until you see Dr. Walters in the office. After this visit, you will be able to take a shower with the garment on.
2. Milk the drain tubing using an alcohol wipe and empty the bulbs every 4 hours or as necessary as shown (uncap, withdraw fluid with syringe, record amount, discard, squeeze air out, recap).
3. Keep your compression garment on **AT ALL TIMES** – you shower in it, sleep in it, and use the bathroom in it.
4. **After 1 week**, the garment may be removed only to shower. During this time, the garment may be cleansed with soapy cold water and fluff dried in dryer or it can air dry – put the garment right back on and keep it on until you shower again. The garment is only removed when showering.
5. Take 10 deep breaths each hour while awake using the incentive spirometer.
6. Absolutely **NO HOT, WARM, COLD, or ICE** compresses to the area. Your abdomen will be swollen, tight, and have loss of sensation during the postoperative period. Using hot or cold compresses can lead to further tissue damage.

Liposuction/VaserLipo

1. You will ooze blood-tinged fluid for approximately 12-24 hours after the procedure. This is normal.
2. You can shower after 24 hours with the compression garment **ON** or **OFF**. If you did **NOT** have an abdominoplasty, you may remove the garment to shower after 24 hours. This is up to you. Keep in mind you will be swollen and will continue to swell for a few days post op. Make sure you have extra help to put the garment back on.
3. If you shower with the garment on - dry yourself with a towel and allow the garment to air dry.
4. If you remove the garment to shower – put the garment right back on.
5. The garment is to be worn at all times – you are only allowed to remove the garment to shower.
6. If your extremities were suctioned, elevate them to reduce swelling.
7. Oozing, swelling, and bruising are normal, but if one side appears different from the other, notify the office or Dr. Walters.

Fat Transfer to the Body

1. **DO NOT APPLY ICE OR COLD COMPRESSES!**
2. Do not massage the area.
3. If you have had fat transfer to the buttocks (BBL), use post-operative pillow as directed by Dr. Walters.

Fat Transfer to the Face

1. **DO NOT APPLY ICE OR COLD COMPRESSES!**
2. You should apply Aquaphor or Vaseline to lips to soothe dryness.
3. You may prefer to drink through a straw.
4. Avoid foods that are hard to chew, spicy or hot.
5. Do not massage the area.

Rapid Recovery Breast Augmentation

1. Keep operative site clean and dry for 24 hours.
2. You may shower after 24 hours. Remove the bra to shower. Shower normally but be gentle. Put the bra back on after you shower.
3. Surgical bra is to be worn at all times except when showering. You even sleep in it.
4. Sleep on your back and slightly elevated with pillows behind your back.
5. As soon as you get home from the surgery center, take **600mg Ibuprofen (1 tab)** by mouth. Before bed, you will take another ibuprofen. Post op day 2, you will begin to take 600mg Ibuprofen by mouth 3 times a day scheduled around the clock. You are to continue taking 600mg Ibuprofen 3 times a day for **1 week**. You may take this along with your scheduled antibiotic.
6. **BE SURE TO DO YOUR ARM EXERCISES AS INSTRUCTED BY DR. WALTERS.** You are to slowly raise your arms over your head 5 times every hour on the hour while you are awake.
7. You may also take **25mg Benadryl** by mouth at bedtime. You do not have to take this medication, but it should help you sleep through any discomfort for the first few nights after surgery.

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Breast Implant Revision / Fat Transfer to the Breast

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, except to shower.
3. **DO NOT** apply ice or cold compresses to breast.
4. Do not massage the area.
5. Sleep on your back and with head slightly elevated

Breast Lift (Mastopexy) / Breast Lift with Implants / Breast Reduction (Mammoplasty)

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, except to shower.
3. **DO NOT** apply ice or cold compresses to breast.
4. Do not massage the area.
5. Sleep on your back and with head slightly elevated
6. Notify Dr. Walters if you notice any color changes to your nipples.

Facelift.

1. Keep head and shoulders elevated at all times, approximately 45 degrees to minimize swelling. Do not bend over to pick things up, put on shoes, etc.
2. Keep surgical site clean and dry until you see Dr. Walters.
3. Notify your Doctor if there is hardness of the face on palpitation, obvious bleeding, excessive swelling or tenderness.
4. There is a drain behind each ear. Drains are there as a precaution and should not need to be emptied. If they start to have an increased amount of drainage, notify your physician.

Otoplasty/Chin & Cheek Augmentation/ Buccal Fat Excision

1. Keep operative site clean and dry for 24 hours.
2. Keep head and shoulders elevated at a 45-degree angle especially at night to minimize swelling.
3. Remain on a soft diet for 2-3 days with Buccal Fat Excision.

Blepharoplasty

1. Keep operative site clean and dry 24 hours. You may shower after 24 hours, washing face gently.
2. Keep head and shoulders elevated at 45 degrees and do not lift anything or bend over.
3. Apply artificial tears such as **Systane Ultra Gel** drops to the eyes every few hours or as often as needed.
4. Apply frozen green peas or cold compresses to the eyes for the first 24 hours.
5. Notify Dr. Walters of blurred vision, excessive swelling, and hardness of eyelids or pressure of eyeballs.

Rhinoplasty

1. Keep the operative site clean and dry. You may shower in 24 hours but **KEEP THE NASAL SPLINT DRY UNTIL YOU SEE DR. WALTERS.**
2. You may use cold compresses on and off to your under eye for the first 24 hours.
3. Change the drip pad under our nose as needed.
4. Keep your head and shoulder elevated at all times, approximately 30-45 degrees to minimize swelling. Do not bend over to pick things up, put your shoes on, etc.
5. Makeup remover cleansing towelettes can be purchased at drugstore and work great to clean face without getting the surgical site and nasal splint wet.
6. If you need to sneeze, do so with your mouth open.
7. Bruising, swelling, and oozing are all normal and expected.

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All Surgeries

1. Do not drive until Dr. Walters permits. Do not drive while taking pain medications or narcotics.
2. Take it easy and rest. Have a responsible adult help you.
3. Diet as tolerated. Clear liquids first, then progress to soft diet, and then regular diet
4. Resume any prior medications at home unless otherwise instructed by your Doctor.
5. If you are given an SCD pump, wear the SCDs at home for the first 2 nights while sleeping. If your surgery is insurance – bring the SCD pump with you to return to Dr. Walters office at your post-op visit.
6. Call the office during regular business hours (504) 517-6200. Call Dr. Walters cell (318) 286-6291 after business hours or on the weekend for the following:
 - Obvious bleeding, excessive swelling, or tenderness
 - Hardness of the face to touch
 - Fever over 101F
 - Redness, odor, or pus at the surgical site
 - Persistent vomiting or pain that is not relieved by your medications.
 - Shortness of breath, difficulty breathing, and/or severe calf/thigh pain
7. Please refer to your surgery booklet you were given at your pre op appointment.

Additional Instructions: Continue your antibiotics after surgery until all the medication is gone (1 week). Use the pain medication and nausea medication on an as needed basis. Remember to continue taking a stool softener / mild laxative if taking any pain medication.

Instructions Given by: _____

Information Provided to & Understood by: _____