



Patient Name: \_\_\_\_\_

Patient Date of Birth: \_\_\_\_\_

## **Post-Operative Instructions**

### **Abdominoplasty**

1. The compression garment may become saturated with blood-tinged fluid, especially if liposuction was done – this is normal. Please only sponge bathe until you see Dr. Khoobehi in the office. At the first visit, the compression garment will be removed along with the padding. After the first visit, you will be able to shower with the compression garment ON.
2. Keep your compression garment on, even while showering, for the entire first week following your procedure. During this time, the garment may be cleansed with soapy water, and can be air dried. You will receive another garment at around 1 week after surgery. At that time, you may remove the garment to shower, wash the garment and put the garment back on after showering.
3. Milk the drain tubing using an alcohol wipe and empty the bulbs every 4 hours or as necessary as directed (uncap, record amount, empty fluid, squeeze air out, re-cap). If you drains require emptying sooner than every 2 hours, please notify Dr. Khoobehi.
4. Take 10 deep breaths each hour, while awake, using the incentive spirometer.
5. Absolutely NO HOT, WARM, COLD, OR ICE compresses on your skin or garment. Your abdomen will be swollen, tight and have decreased sensation during the postoperative period. Using hot or cold compresses can lead to tissue damage.

## **Blepharoplasty**

1. Keep operative site clean and dry for 24 hours. You may shower after 24 hours and wash your face gently.
2. Try to keep your head slightly elevated (have an extra pillow behind your back) and do not lift anything heavy or bend over for extended periods of time. You may squat to pick things up, if needed.
3. If needed, apply drop (artificial tears) to the eyes every few hours or as often as needed.
4. You may use frozen peas to the eyes alternating on and off your skin every 20 minutes, while awake. DO NOT APPLY ICE OR FROZEN PEAS IF YOU HAD FAT TRANSFER TO YOUR FACE.
5. Notify Dr. Khoobehi if you have blurred vision, excessive swelling, hardness of eyelids, or pressure at the eyeballs is present.

## **Breast Augmentation**

1. Keep operative site clean and dry for 24 hours. You may remove the bra and shower 24 hours after your surgery. Place the bra back on after showering.
2. Always keep the bra on, except to shower, even while sleeping until Dr. Khoobehi says you may switch to a different bra.
3. Do not apply ice or cold compresses to your breasts or over the surgical bra.
4. Do not massage your breasts until instructed by Dr. Khoobehi.
5. Try to sleep on your back and slightly elevated (with an extra pillow behind your back).
6. Don't be afraid to use your arms, keeping in mind not to lift anything heavier than 10 pounds.

## **Breast Implant Removal and Replacement/Revision**

1. Keep operative site clean and dry for 24 hours. If you DO NOT have drains present, you may shower 24 hours after your procedure. Remove the bra to shower and place the bra back on after showering.
2. If you have drains present, DO NOT SHOWER until seen by Dr. Khoobehi. You may wipe down, if necessary.
3. You may sleep on your back following the procedure.
4. Do not massage your breasts, until instructed by Dr. Khoobehi.
5. DO NOT APPLY ICE, HEAT, OR ANY COLD COMPRESSES TO YOUR BREASTS.

## **Facelift**

1. Keep operative site clean and dry until you see Dr. Khoobehi.
2. Try to keep your head and shoulders slightly elevated (have an extra pillow behind your head while sleeping) to help minimize swelling. Try not to bend over to pick things up for approximately 2 weeks following your procedure. You may squat to pick things up (less than 10 pounds), if needed.
3. Empty drains as instructed and record the amount of drainage (uncap, record amount, empty fluid, squeeze air out, re-cap). Drains should remain compressed and concave. If you drains require emptying sooner than every 2 hours, please notify Dr. Khoobehi.
4. Notify Dr. Khoobehi if there is hardness of face on palpation, obvious bleeding, excessive swelling and/or tenderness unrelieved by pain medication.

## **Fat Transfer to the Face**

1. You may use Aquaphor or Vaseline, on your lips, to soothe dryness.
2. You may find it easier to drink though a straw for the first few days following your procedure.
3. Do not massage the area.
4. Avoid foods that are difficult to chew, spicy or hot.
5. DO NOT APPLY HOT, WARM, COLD, OR ICE COMPRESSES TO YOUR FACE.

## **Fat Transfer to the Body**

1. Do not massage the area.
2. DO NOT APPLY HOT, WARM, COLD, OR ICE COMPRESSES TO THE AREA.
3. It is okay to sleep on your back and sit on your buttocks after fat transfer to the buttocks.

## **Fat Transfer to the Breasts**

1. You may sleep on your back following the procedure.
2. Do not massage the area.
3. DO NOT APPLY HOT, WARM, COLD, OR ICE COMPRESSES TO YOUR BREASTS.
4. You may remove the bra and shower 24 hours after your procedure.
5. Always keep the surgical bra on, except to shower, and put the bra back on after showering. Sleep in the surgical bra until Dr. Khoobehi says you may switch to a different bra.

## **Liposuction**

1. The compression garment may become saturated with blood-tinged fluid for 24-48 hours following liposuction – this is normal.
2. You may shower, WITH THE GARMENT ON, 24 hours after your procedure. Prior to showering, remove any extra padding that may be inside your garment.
3. Keep your compression garment on, even while showering, for the entire first week following your procedure. During this time, the garment may be cleansed with soapy water, and it can air dry. You will receive another garment at around 1 week following surgery. At that time, you may remove the garment to shower, wash the garment and put the garment back on after showering.
4. Absolutely NO HOT, WARM, COLD, OR ICE compresses on your skin or garment.
5. If your extremities were suctioned, slightly elevate them at night to help reduce swelling (place a pillow under them).
6. Oozing, swelling and bruising is normal postoperatively.

## **Gynecomastia**

1. Keep the operative site clean and dry for 24 hours.
2. Keep compression vest on at all times until your post operative appointment with Dr. Khoobehi.
3. You may shower 24 hours after surgery. This is the only time the compression vest may be removed. Place vest back on immediately after showering.
4. DO NOT APPLY HOT, WARM, COLD, OR ICE COMPRESSES TO YOUR CHEST.

## **Mastopexy (Breast Lift)**

1. Keep your surgical bra on at all times. Keep operative site clean and dry until your first post operative appointment with Dr. Khoobehi.
2. DO NOT SHOWER until seen by Dr. Khoobehi and your drains are removed.
3. Empty drains as instructed and record the amount of drainage (uncap, record amount, empty fluid, squeeze air out, re-cap). Drains should remain compressed and concave. If your drains require emptying sooner than every 2 hours, please notify Dr. Khoobehi.
4. Once drains are removed, you may shower with surgical bra off. Remember to place PICO compressor in a sealed plastic bag to ensure it does not get wet.
5. DO NOT APPLY HOT, WARM, COLD, OR ICE COMPRESSES TO YOUR BREASTS.
6. Do not massage your breasts.
7. You may sleep on your back, slightly elevated (place an extra pillow behind your shoulders).
8. Notify Dr. Khoobehi if you notice any color changes to your nipples.

## **Otoplasty/Chin and Cheek Augmentation/Buccal Fat Pad Removal**

1. Avoid foods that are hard, difficult to chew, spicy or hot for 2-3 days following your buccal fat excision procedure.
2. Keep operative site clean and dry for 24 hours. You may shower after Dr. Khoobehi removes dressings.
3. Try to keep your head and shoulders slightly elevated (sleep with an extra pillow behind your back) at night to minimize swelling.

## **Rhinoplasty**

1. Keep operative site clean and dry for 24 hours after your procedure.
2. You may shower after 24 hours but keep nasal splint dry until your first post operative appointment with Dr. Khoobehi.
3. Keep your head and shoulders slightly elevated to minimize swelling.
4. Avoid bending over, you may squat to pick things up if needed.
5. If you need to sneeze, do so with your mouth open to minimize pressure.
6. If you have not had fat transferred to your face, you may apply ice on and off for 20-minute intervals while awake.
7. DO NOT APPLY ICE OR COLD COMPRESS IF YOU HAVE HAD FAT TRANSFERRED TO YOUR FACE.

## ALL SURGERIES

1. Do not drive until Dr. Khoobehi permits. Do not drive while taking pain medication or narcotics.
2. For the first 24 hours:
  - A. Do not sign any legal documents or operate any heavy machinery.
  - B. Have a responsible adult help you.
  - C. No heavy lifting, pushing or pulling, greater than 10 pounds.
  - D. Take it easy and rest.
3. Continue your **antibiotics** after surgery until all are gone (typically one week).
4. Take your pain and nausea medication as needed. Avoid taking pain medication on an empty stomach. Resume any prior home medications unless otherwise instructed by Dr. Khoobehi.
5. Progress to a regular diet as tolerated.
6. Remember to continue your stool softener or mild laxative if taking pain medication. We want you to have a bowel movement no later than 3-4 days after your procedure.
7. Avoid alcoholic beverages while taking medications prescribed by Dr. Khoobehi.
8. If you are given SCD pumps, use at home for at least 3 days following your procedure.
9. Call the office during regular business hours for any questions or concerns. Call Dr. Khoobehi's cell phone after business hours or on weekends for the following:

OFFICE NUMBER: (504)779-5538

DR. KHOOBELI'S CELL: (504)722-9920

- A. Obvious bleeding, excessive swelling, or tenderness unrelieved by pain medication.
- B. Hardness of your face on palpation.
- C. Swelling or hardness on eyelids.
- D. Fever over 101.0 degrees Fahrenheit.
- E. Shortness of breath.
- F. Severe calf or thigh pain.
- G. Redness, odor, or pus at wound site.
- H. Persistent vomiting or pain unrelieved by prescribed medication.

Additional Instructions: \_\_\_\_\_

Instructions given by: \_\_\_\_\_

Instructions received & understood by: \_\_\_\_\_