

# Westlake Plastic Surgery™

D R . R O B E R T C A R I D I

## Pre-Operative Instructions

- ❖ No aspirin, aspirin products, fish oils, or Omega 3's for a minimum of 4 weeks before surgery.
- ❖ No smoking, Nicoderm®, or nicotine patches for at least 5 weeks prior to surgery.
- ❖ You will need to purchase compression stockings to wear after surgery. More information on these stockings will be given at your pre-op appointment.
- ❖ You may need to purchase gauze, frozen peas/ice packs or maxi pads before your surgery to be used post-operatively.
- ❖ Shower the evening before and the morning of your surgery. DO NOT apply creams, makeup, deodorant, or lotions the morning of surgery.
- ❖ DO NOT eat or drink anything after midnight the night before surgery, including water.
- ❖ Your procedure is performed on an outpatient basis. You need to make arrangements to have someone drive you home following surgery and stay with you for 24 hours. If this is not possible, let us know so that we can help you make arrangements for a caretaker.
- ❖ Make appropriate arrangements for work, childcare, etc. as needed after your surgery.
- ❖ Depending on your medical history, you may need medical clearance, EKG, or lab work prior to surgery.

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## Post-Operative Instructions

- ❖ Some pain and discomfort is to be expected after surgery. Use the prescribed pain medication as directed. Once the discomfort has lessened, begin using Extra Strength Tylenol®. Do not take any form of aspirin products for at least 2 weeks after surgery.
- ❖ Drink a reasonable amount of fluid (no more than 64 oz. per day). Drinking excessive amounts of fluid will **not** help you recover faster.
- ❖ A nurse will call you at home to check on your progress; however, if you have any questions or concerns, please feel free to call the office at any time.
- ❖ Use antibiotic ointment (bacitracin, triple antibiotic) on your incisions for **48 hours** after surgery **only**.
- ❖ Refrain from strenuous activity or heavy lifting for 2 weeks. Gradually return to your normal level of activity as tolerated. If it hurts, it's probably best to back off.
- ❖ When you're off your pain medication and/or muscle relaxants, you may drive.
- ❖ Until your incision(s) are completely healed, refrain from hot tubs, swimming and bath tubs.