

Important Post-operative Information for Dr Dawitz's Patients :



YOUR FIRST 24 HOURS: A family member or friend must drive you. Someone needs to stay overnight with you for 24 hours following sedation or general anesthesia.

DRESSINGS: Keep your dressings as clean and dry as possible. You may remove your dressings 48 hours after the surgery. Compression garment is to be worn 24 hours a day. You may take your dressing to shower if able and no drains. You will be instructed on this.

DRAIN CARE:

- Empty drain one to two times a day. Keep it less than half full at all times. Please record the totals in 24 hour time frames and bring the record with you to the follow up appointment.
- To empty, open drainage plug, squeeze bulb until empty and flatten and replace plug into port. The bulb should be compressed flat to create suction. It will slowly inflate as the bulb fills up with fluid.
- You will need to start “stripping” the tubing to keep the drainage flowing. To do this, pinch the tube close to the insertion site, with your other hand gently pincd with a pulling motion on the tubing toward the blub, then release the pinched tubing and watch the fluid move down the tube. Do this several times a day.
- The drain usually stays in for 7-10 days, but it is not unusual to keep it for up to 3-4 weeks. Record output as directed. At your next follow-up appointment, let our nurse know when drainage is less than 25-30 cc in 24 hours.

YOU CAN REACH OUR OFFICE

ANY TIME

919-966-4446.

Burn Reconstruction & Aesthetic Center

919-843-3734

After Hours : plastic surgeon on call

919-966-4131

Call us immediately if you think you have an infection or if you notice any of the following:

- Increasing redness or hot to the touch
- Increasing pain
- Increasing swelling
- Fever greater than 101°F
- Vomiting more than two times
- Excessive bleeding or pain
- Calf and/or leg pain
- Swelling in one leg more than the other
- Severe dizziness that does not resolve
- Inability to take oral fluids
- Poor urine output (inability to go to the bathroom for longer than 8 hours)
- Dry mouth or other signs of Dehydration

Dial 911 if you experience:

- Chest pain
- Shortness of breath
- Vision changes
- Loss of consciousness

ACTIVITY: Take it easy. Try to avoid any straining or lifting over 5 lbs, pulling, pushing, exercising, housework, straining, for 4-6 weeks.

You may walk around, sit, and watch T.V., etc., but **NO**

MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE

HOUSE, VACUUM, REARRANGE THE ATTIC, ETC! We do not

want you to bleed and cause any more swelling and bruising, but more importantly too much strenuous activity too soon can negatively affect your final outcome.

You may shower in 48 hours. **DO NOT** immerse in a tub, pool, ocean, lake, hot tub for 4 weeks, or while there are open wounds.

DIET: If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet. No greasy foods for 48 hours as this can cause nausea.

PAIN MEDICATION: You have been given a prescription for Oxycodone® or Vicodin®. You may take 1-2 Oxycodone® (or Vicodin®) tablets every 4 to 6 hours for pain. Vicodin® contains Tylenol®, **DO NOT** take any additional Tylenol® while taking Vicodin®. You may have also received a prescription for an antibiotic, if so, please take it as prescribed until it is gone.

NORMAL SYMPTOMS

- **SWELLING AND BRUISING:** Moderate swelling and bruising are normal after any surgery. Severe swelling and bruising may indicate bleeding or possible infection.

- **DISCOMFORT AND PAIN:**

Mild to moderate discomfort or pain is normal after any surgery. If the pain becomes severe and is not relieved by pain medication, please call us.

- **CRUSTING ALONG THE INCISION**

LINES OR OOZING: This is not unusual.

Do not pick or peel off any crusting (or scabs) which may form along the incision line or the adhesives or tapes unless instructed to do so.

- **NUMBNESS:** Small sensory nerves to the skin surface are occasionally divided when the

incision is made or interrupted by undermining of the skin during surgery. The sensation in those areas gradually returns—usually within 2 or 3 months as the nerve endings heal spontaneously. As these heal, mild shooting electrical sensations, or burning may be felt as the nerves regenerate.

- **ITCHING:** Itching within the skin or muscle frequently occurs as the nerve endings heal.

Ice, skin moisturizers, and massages are frequently helpful. These symptoms are common during the recovery period.

- **REDNESS OF SCARS:** All new scars are red, dark pink, or purple. Scars on the face usually fade within 3 to 6 months. Scars on the breasts or body may take a year or longer to fade completely. We recommend you protect your scar and / or wear sunscreen (SPF 50) for the first year or until the redness is completely gone

REGULAR MEDICATIONS: You may resume your prescribed

medications (aspirin, blood pressure medications, thyroid medication) the day after surgery. Do not resume taking any products containing vitamin E, Fish Oil, or other herbal medications for 7 days.

SMOKING: Smoking reduces blood flow to your skin. We advise you not to smoke for 10-12 weeks prior to surgery and not at all during your recovery from surgery.

ALCOHOL: Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

DRIVING: Please don't drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain pills. Please have transportation arrangements for your post-operative appointments.

POST OPERATIVE APPOINTMENTS: It is very important that you follow the schedule of appointments we establish for you after surgery. Please call the clinic to make an apt 919-843-3734 to schedule an appointment.