

What to Expect After Surgery

For the first 24-48 hours after surgery:

- A responsible adult (over the age of 18), needs to remain with you during the first 24 hours after your procedure.
- Rest as much as possible the day of surgery, you may get up a couple of times to stand/walk in place. Remember while resting to point and flex your toes often to help blood flow. Starting the day after surgery, we do want you getting up every hour you are awake to take small walks around the house.
- You may be dizzy and off balance after anesthesia, have assistance when standing and walking.
- Do not make any important decisions or sign any legal documents.
- Do not drink any alcohol for 24 hours, while taking narcotics, or as instructed by your surgeon.
- Do not drive a vehicle or operate heavy machinery for 24 hours, while taking narcotics, or as instructed by your surgeon.
- Begin advancing your diet slowly after anesthesia starting with clear liquids.
- Please make sure to wear your white compression stockings (TEDS) for 48 hours after surgery.
- If provided with an Incentive Spirometer, use this 2-3 times every hour that you are awake.

You may experience one or more of the following for the following weeks after your surgery:

- Swelling
- Numbness
- Bruising
- Skin Tightness
- Minimal to moderate pain controlled by prescribed analgesics
- Constipation while taking narcotics. You should use a stool softener (Colace), gut motility agent (Senna), or bulking agent (Miralax) while taking narcotics.
- Low-grade fever
- Small amount of yellow watery drainage from incision area

Call the office immediately if you experience any of the following:

- Sudden or excessive swelling
- Severe pain not controlled by prescribed analgesic
- Red, inflamed, painful incision that is hot to the touch
- Extreme redness or drainage around incisions
- Excessive bleeding (blood soaked dressings or increasing amounts of bright red blood in drains)
- Fever greater than 101.5
- Severe nausea and/or vomiting
- Itching, hives, rash, headache, or nausea after taking any of your medications
- Continued dizziness or incoherent behavior-such as hallucinations

Go immediately to the ER or call 911 if worsening shortness of breath and/or chest pain.

PHONE NUMBERS: Edina Plastic Surgery Clinic (952) 925-1765 or 1-800-965-1765

****AFTER HOURS** (952) 924-8125**