

INSTRUCTIONS FOR BREAST SURGERY

Post-Operative instructions

- A. There may be some bruising and swelling present in the neck and chest area.
- B. Keep your upper arms close to your torso. No lifting, bending or straining.
- C. You should not drive a car or operate hazardous machinery for one week, or if taking the narcotic medications.
- D. If any problems should develop, especially extreme swelling or tenderness on one side, call 410-266-7215 during business hours (8:00am- 4:00pm) or 443-481-1000 after hours and have Dr. Chappell paged to a number where you can be reached.
- E. Activity limitations:
 - a. Do not engage in any activity that requires you to raise your arms above your head for **1 WEEK**.
 - b. No activities such as swimming, golf, tennis, running, or any other strenuous activity for **6 WEEKS**.
 - c. Do not engage in aerobic activity for **4 WEEKS**.
- F. The brassiere **must not be removed** for any reason until you return to see the doctor. It will remain on for one week.
- G. You may sponge bathe around the brassiere. You may use deodorants, lotions etc.
- H. Eat light foods at first, then advance to your usual diet, as tolerated.
- I. Do not take aspirin or aspirin-like products for one week after your surgery (please refer to the aspirin list.) Avoid vitamin E for 3 more weeks.
- J. You will be drowsy the remainder of the day of surgery. Rest and limited all activities.
- K. Do not make important personal or business decisions for 24 hours after surgery.
- L. Do not drink alcoholic beverages for 24 hours after surgery or when taking narcotic pain medication.
- M. Keep all dressings clean, dry, and in place., reinforce as necessary.
- N. The doctor will call you the evening of surgery to answer any questions.
- O. Good nutrition postoperatively will assist the healing process.
- P. You do not need to limit your fluid intake.
- Q. If there is any unusual pain, discomfort, swelling, redness, bleeding, or a temperature greater than 100°F, please call the office. Do not remove the original bandage, please reinforce with the gauze you were given if necessary.

To avoid implant infection, it is important that you take antibiotics before any other surgery or dental procedures for 6 MONTHS after surgery.

I have read and understand the above information:

Patient Signature: _____

Date: _____

INSTRUCTIONS FOR LIPOSUCTION

Preoperative instructions

- A. See "Special Instructions and Medication Information" sheet.
- B. Garment: You will be measured for the postoperative garment on the day of your history and physical. The garment will be placed on the day of surgery. You will take a second garment home with you; you likely will not be able to get into the second garment until 2-3 weeks after surgery. NOTE: *You may wash the garments in the washing machine. However, when you place them in the in the dryer, you must put 2-3 large bath towels in with the garment so they may absorb most of the heat and the garment does not shrink.*

Day of surgery

- A. Do not take any sedatives the morning of surgery unless specifically ordered by the doctor.
- B. You will be advised when to take routine medications on the day of surgery.
- C. Wear comfortable clothing including a button down shirt, comfortable, flat shoes, no jewelry or nail polish.
- D. Shower with the Hibiclens as directed.
- E. Do not use any lotions or powder the day of surgery.

Post-Operative instructions

- A. It is anticipated that you will have moderate discomfort for a few days following surgery, for which you can use the pain medication prescribed for you.
- B. Drink plenty of fluids the day of surgery and for the first 2 days after. You may eat as desired.
- C. You can expect bruising, swelling, and some oozing blood tinged fluid around the surgical area.
- D. Do not drive a car or operate hazardous machinery for 5-7 days or as long as pain limits movement or pain medication is required.
- E. You will be placed in the zip up surgical garment after surgery. This is to be worn constantly for 1 week. You may sponge bathe around the garment if desired. When allowed to remove the garment, wash the garment as in the above instructions. After the garment is completely dry put it back on immediately and remove it for showering only.
- F. Do not take aspirin, aspirin-like products, or herbal medications for one week after surgery. Do not take ibuprofen or vitamin E for 10 days after surgery. Many medications including over-the-counter medications contain aspirin so please refer to your aspirin sheet if you are unsure. For all herbals check with nurse before taking. **This is very important as these medicines can interfere with blood clotting.**
- G. You will be drowsy the remainder of the day of surgery. Limited all activities and rest.
- H. Do not drink alcoholic beverages when taking pain medicine and for 24 hours after surgery as alcohol prolongs and enhances the effects of the sedative medication used during surgery.
- I. Do not make important personal or business decisions for 24 hours after surgery.
- J. Keep all dressings clean, dry, and in place reinforce as necessary.

Emergency after hours number: 443-481-1000. This is ANNE ARUNDEL MEDICAL CENTER, request them to page Dr. Chappell for your medical emergency

INSTRUCTIONS FOR LIPOSUCTION

- K. The doctor or nurse may call you the evening of surgery, or the day after, to answer any questions that you may have.
- L. Good nutrition postoperatively will assist the healing process.
- M. You do not need to limit your fluid intake.
- N. If there is any unusual pain, discomfort, swelling, redness, bleeding, or a temperature greater than 100°F, please call the office. Do not remove the original bandage, please reinforce with the gauze you were given if necessary.
- O. You must refrain from heavy lifting or over activity for approximately 4-6 weeks after surgery or as discussed at follow-up appointments.

I have read and understand the above information:

Patient's signature _____

Date: _____

INSTRUCTIONS FOR ABDOMINOPLASTY

Post-Operative Instructions

- A. It is anticipated that you will have moderate discomfort for a few days following surgery, for which you can use the pain medication prescribed for you.
- B. Your movement will be limited. You will not be allowed to stand completely straight up for **two weeks**. This stooped position will prevent stress on your skin and will promote healing and recovery.
- C. You can expect bruising, swelling, and some oozing blood tinged fluid around the surgical area.
- D. Do not drive a car or operate hazardous machinery for 5-7 days or as long as pain limits movement or pain medication is required.
- E. You will have sutures that will be removed in approximately 1 week after surgery.
- F. You may have a drain in place, and you will be instructed as to the management of this. This drain will be removed 7-14 days after surgery.
- G. Do not take aspirin, aspirin-like products, or herbal medications for one week after surgery. Do not take ibuprofen or vitamin E for 10 days after surgery. Many medications including over-the-counter medications contain aspirin so please refer to your aspirin sheet if you are unsure. For all herbals check with nurse before taking. **This is very important as aspirin, vitamin E, and many herbs can interfere with blood clotting.**
- H. You will be drowsy the remainder of the day of surgery. Rest and limit all activities.
- I. Do not drink alcoholic beverages when taking pain medication and for 24 hours after surgery as alcohol prolongs and enhanced the effects of the sedative medication used during surgery.
- J. Do not make important personal or business decisions for 24 hours after surgery.
- K. Keep all dressings clean, dry, and in place, reinforce as necessary.
- L. The doctor will call you the evening of surgery to answer any questions that you may have.
- M. Good nutrition postoperatively will assist the healing process.
- N. You do not need to limit your fluid intake.
- O. If there is any unusual pain, discomfort, swelling, redness, bleeding, or a temperature greater than 100°F, please call the office. Do not remove the original bandage, please reinforce with the gauze you were given if necessary.
- P. You must refrain from heavy lifting or over activity for approximately 4-6 weeks after surgery or as discussed at follow-up appointments.
- Q. It is important to understand that if you smoke, this will impair the healing process. As discussed with Dr. Chappell, please continue to refrain from smoking until the healing process is finished.

I have read and understand the above information:

Patient's signature: _____

Date: _____

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