

# General Home Care after Plastic Surgery



To make your first postoperative appointment, please call (614) 293-8566.

## Wound Care and Hygiene:

- You may remove your dressing in:
  - 24 hours
  - 48 hours
  - After your doctor's appointment
- Once the dressing is removed, you may clean the area with soap and water and pat it dry.
- You may bathe or shower.
- You may not bathe or shower until instructed to do so, however you may take a sponge bath.
- Expect small amounts of blood-tinged drainage at the incision site for 2 - 3 days. You may cover the site with a bandage.

## Diet:

Start with a light diet and progress to a regular diet.

## Activity:

General light activity and walking is encouraged, but do not "work out" or do strenuous activity until after your first doctor's visit. Sexual activity may be resumed when you are comfortable.

## What to Expect after Surgery:

- You may have swelling, tenderness, numbness, and drainage at the surgical site. These symptoms should resolve several weeks after your surgery.
- Since emergencies are unpredictable, please have someone stay with you the first 24 hours after you are home.

## Medicines:

- Take your medicines as prescribed by your doctor.
- Do not take aspirin or products with aspirin for 7 days after your surgery.**
  - Surgery can cause significant pain for which strong narcotic pain medicines (Percocet, Vicodin, Tylenol with Codeine, etc) may be required. You will be given a prescription for these medications, if appropriate.

- To avoid confusion, improve record keeping, and make certain that you do not run out of medicine, it is our office policy **NOT** to refill prescriptions during the night or on weekends. Contact the office during **regular business hours** (Monday - Friday 8:00 AM to 4:30 PM), to let the doctor know your supply is running low and you continue to have pain.

### **Smoking:**

Smoking interferes with blood circulation and healing. Please do not smoke for 2 weeks before surgery and for 1 week after your surgery. The nicotine patch or gum is also not recommended.

### **Call Your Doctor:**

- Call the office at (614) 293-8566 if you have:
  - Fever above 100.5 F
  - Excessive pain
  - Redness at the incision site
  - Drainage that has increased or changed

**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**