

## GENERAL POST-OPERATIVE INSTRUCTIONS

IMPORTANT: Call Dr. Holzman immediately if you experience excessive bleeding or pain.

FIRST 24 HOURS: Make sure a family member or friend drives you home. Someone should stay with you overnight, as you have been sedated.

DRESSINGS: Do not remove them in the first 24 hours unless instructed to do so by Dr. Holzman.

ACTIVITY: Take it easy and pamper yourself. Avoid any straining and be careful when getting up out of bed. You may go to the bathroom and sit quietly, but no matter how good you feel, DO NOT clean the house, rearrange the furniture, or even stand up for too long! Your pain medicines may be very effective at making you feel like you can do anything, so you may have to resist the urge. Too much activity can cause bleeding, swelling and bruising. You could even pop stitches and open up your incision wounds if you are not very careful.

ICE: Cold or ice packs help to reduce swelling, bruising and pain in the first 48 hours after surgery. Use frozen peas in the package or crush ice cubes and place in a Ziploc bag.

DIET: Start taking clear liquids and advance to bland foods like crackers, bananas, soup and applesauce as tolerated. If you experience nausea, take your anti-nausea medications immediately. Carbonated sodas mixed with ice, and some dry crackers may help settle the stomach. Pale, yellow urine is a sign of good hydration. If your urine becomes darker, increase your fluid intake.

SMOKING: Smoking reduces blood flow to your skin and muscles. We advise you not to smoke at all, but if you must, wait until you have completely healed from your surgery. This usually takes at least 6 weeks.

ALCOHOL: Alcohol dilates the blood vessels and can increase postoperative bleeding. Furthermore, the combination of alcohol and prescription pain medicines can be dangerous.

DRIVING: Do not drive for at least 4 days after receiving anesthesia, or while taking prescription pain medication. Certain procedures have a longer driving prohibition. Follow the specific postoperative instructions you receive for your procedure.

POST-OPERATIVE APPOINTMENTS: It is very important to keep the schedule of appointments we establish after surgery. Generally, a driver is needed for the first appointment.

APPOINTMENT DATE/TIME: \_\_\_\_\_