

## Same Day Surgical Procedures: What to Expect

### Before Your Surgery

- One week before your surgery, please stop taking the following medications:
  - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc. as these can increase your risk of bleeding during and after surgery
  - Aspirin and any Aspirin containing medications
  - Cold medications that contain Aspirin or NSAIDs
  - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox or Fragmin
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water

### Hospital Stay

- You will remain in the recovery room following your procedure and will be discharged home later the same day
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication

### Activity Following Surgery

- You may resume activity as tolerated unless otherwise specified. Prior to discharge you will be instructed on specific limitations related to your procedure
- You may not drive until you have been cleared to do so
- In order to prevent blood clots it is important to walk around as much as possible following your surgery

### Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol only. Do not exceed 4 grams of Tylenol daily
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake. You may also need to take a stool softener such as Colace or any of the other over the counter stool softeners
- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment

### Diet/Appetite

- You may resume your pre-hospital diet, unless instructed otherwise at the time of discharge
- Drink plenty of fluids, at least eight glasses of eight ounces each day to help prevent constipation associated with pain medication

## **Caring for Your Wound**

- It is normal to have some bruising and swelling for a few days after surgery
- Specific wound care instructions will be provided for you at the time of discharge
- If you were given a prescription for oral antibiotics, please complete the entire course that was prescribed

## **Medications Following Surgery**

- Resume your pre-hospital medications. Follow-up with your primary care physician regarding new prescriptions or refills of your home medications
- If you were given a prescription for oral antibiotics, please complete the entire course as directed. Do **not** stop taking the antibiotic just because you feel better

## **Follow-Up Appointment**

- If you are not given a follow up appointment when you leave the hospital, call your plastic surgeon's office and make an appointment to be seen within 1-2 weeks after your surgery
- At this appointment, we will check your incision and remove any drains and/or stitches. Your surgeon will also discuss the results of the surgery and your treatment plan

## **When to Call Your Surgeon's Office**

- If you have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication
- If you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision)
- If you have other concerns
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies