

ASSOCIATES IN PLASTIC SURGERY, INC.

TORSOPLASTY

OUT-PATIENT SURGERY

POST-OPERATIVE INSTRUCTIONS

1. Use your medication as ordered.
2. Call your doctor if you notice any excessive swelling, bleeding or soreness.
3. Exercise calf muscles every hour. Extend your foot up, then down at the ankle several times
4. Elevate both the head and foot of the bed with two to three pillows. This will relieve tension on the suture line.
5. Drains are often used. Please empty the drain reservoirs as you have been taught by the nursing staff. Please keep a record of the approximate output of the drain.
6. You may remove dressings and shower after the first post-operative visit which usually occurs 2-4 days after surgery.
7. Getting out of bed after surgery and walking is important to your health.
8. Sitting up puts strain on the abdominal area and will be uncomfortable after surgery. Using your arms and legs to pull yourself upright out of bed decreases discomfort. Recliners work well. Many patients chose to recover in a recliner for the first few days for this reason. Another option is to attach a cord or a rope to an object (i.e. bedpost) and pull on this to get up.
9. When it is necessary to get out of bed, you may feel the need to walk in a bent-over position. This will prevent tension on the suture line. You will be able to tell when this is no longer necessary. It is not uncommon to develop low back pain when you walk in a bent over position. This discomfort will stop once you are standing upright again.
10. You may drink liquids when you arrive home. By evening you may have a light meal.
11. Do not drink any alcoholic beverages, beer and wine included, for 48 hours or while taking narcotic medication. They do not mix with anesthesia and may make you very sick.
12. Do not do anything that requires your coordination for 48 hours. The medication and/or anesthesia agents may interfere with good judgment.
13. Remember to take a couple of deep breaths and cough to promote good oxygenation every hour while awake.
14. Do not smoke.
15. Do not lift anything that weighs more than 10 pounds for six weeks after the day of surgery.
16. Avoid using heat. It is normal for some of the abdominal skin to have decreased sensation (i.e. numb). When the body's appreciation of sensation is abnormal, the response to heat is abnormal. Heating pads, hot water bottles, and even intensive extended exposure to sunshine have resulted in skin burns.
17. The patient must not be left alone for 24 hours.
18. Do not hesitate to call the doctor's office at 491-3535 if you have any questions about your surgery. The nurses will be glad to assist you in any way possible. If it is necessary for you to contact a doctor after 5:00 PM, when the office is closed or on the weekend, please call the doctor's answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
19. Return appointment: \_\_\_\_\_

The above postoperative instructions have been explained to me by \_\_\_\_\_  
and I completely understand them insofar as possible.

Patient Signature \_\_\_\_\_