

**ASSOCIATES IN PLASTIC SURGERY, INC.**  
**BODY LIFT**  
**OUT-PATIENT SURGERY**  
**POSTOPERATIVE INSTRUCTIONS**

1. Use your medication as ordered.
2. Call you doctor if you notice excessive swelling, bleeding or soreness at the site of surgery.
3. Keep your dressings dry and intact until you see your doctor unless otherwise instructed. Some drainage is not unusual. You may remove the dressing if it becomes soiled and replace it with a clean dressing. Unscented sanitary napkins or maxipads are a good source of clean dressings. Contact our office or the physician if the drainage is excessive.
4. A surgical drain may have been placed at the time of surgery by your physician. Separate instructions regarding their care and management of the drain will be provided prior to discharge from the recovery room.
5. The patient must not be left alone for 24 hours.
6. Avoid any exertion for the first few days. Subsequently, let the level of discomfort at the surgical site guide your level of activity.
7. Point and flex your toes, bend your legs at your knees every fifteen minutes while you are awake to promote circulation in youR lower extremities.
8. Due to inactivity after you procedure, please remember to take a couple of deep breaths and cough/clear your throat to promote good oxygenation every 3-4 hours while awake.
9. You may drink liquids when you arrive home. By evening you may have a light meal.
10. Do not drink any alcoholic beverages, beer and wine included, for 48 hours. They do not mix with anesthesia and may make you sick.
11. Do not drive your car or do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
12. Anesthesia can sometimes delay the bladder function and your ability to urinate. If you are unable to urinate within 6-8 hours of arriving home, please call the office or on call physician. If you are sent home with a urinary catheter, remove it as directed by the physician or staff early in the day. This allows for office intervention should you be unable to void.
13. Avoid using heat. It is normal for the surgical site 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 sunshine have resulted in skin burns.
14. Do not smoke after surgery.
15. Do not hesitate to call the doctor's office at 491-3535 if you have any questions about your surgery. The nurse will be glad to assist you in any way possible. If it is necessary for you to contact a doctor after 5:00pm, 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.
16. Return appointment: \_\_\_\_\_.

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

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Signature