What are my post-operative instructions?

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- No alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until 3 weeks after surgery.
- Perform arm/shoulder range of motion exercises four times a day (as directed by your Plastic Surgeon)
- Avoid lifting anything over 5 pounds for 4-6 weeks.
- For 4 weeks after surgery, please avoid the following –
  - Physical work of any kind (house, yard, dishes, laundry)
  - Sports/working out (including treadmills)
  - Soaking in tubs, pools, whirlpools
- Employment activities can be resumed in 4-6 weeks (unless otherwise discussed with your surgeon).
• Do not wear a bra unless directed by surgeon.

How do I take care of my incision?
• Avoid exposing scars to sun for at least 12 months.
• Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
• Keep steri-strips on. If your incision was closed with skin glue, it will slowly flake off over the first couple of weeks.
• Keep incisions clean and inspect daily for signs of infection.
• You may shower 48 hours after surgery.

What will it look like?
• Following tissue expansion exchange, a more normal look should be restored.

When should I call my doctor?
• If you have increased swelling or bruising.
• If swelling and redness persist after a few days.
• If you have increased redness along the incision.
• If you have severe or increased pain not relieved by medication.
• If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
• If you have an oral temperature over 100.4 degrees.
• If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
• If you have bleeding from the incisions that is difficult to control with light pressure.
• If you have loss of feeling or motion.

Who should I call if I have questions?
• Clinic Phone (734) 998-6022
For questions and prescription refills please contact our clinic at during office hours (Monday - Friday, 8 a.m. - 4:30 p.m.)

- **Hospital Paging (734) 936-6267**
  After hours and on weekends, call and ask for the Plastic Surgeon on call.

**How do I manage my pain?**

**Pre-operative Instructions:**

- Prior to your surgery, pain medication will be prescribed by your Primary care physician or referring physician.
- If you **do not** have an established Primary care physician, please call the Physician referral service at **1-800-211-8181**.
- To establish yourself with a primary care physician **prior** to your surgery, please schedule an appointment with the new primary care physician.

**Post-operative Instructions:**

- After having surgery, it is expected you will experience some pain even with pain medication. This is a normal part of recovery.
- You will be provided a prescription for pain medicine that will last until your first return post-op visit.
- At your first post-op visit, your pain will be evaluated. The surgical team will manage your pain for the acute recovery phase.
- Acute pain management for major surgery is typically 6 to 12 weeks.
- Acute pain management for minor procedures is typically 7-10 days.
- You may not drive while you are taking narcotic pain medication or otherwise instructed by your surgical team.

**Managing Prescription Refills:**

- Please call the clinic at **734-998-6022** for medication refills.
- You may also contact us using the Patient Portal at [https://www.myuofmhealth.org](https://www.myuofmhealth.org).
- Messages received after hours or on the weekend will be processed the
next business day.

- Please allow 24 hours or one business day to have your request reviewed by your surgical team.