

GENERAL POST-OP INSTRUCTIONS

After surgery, your plastic surgeon (Dr. Perry Liu and/or associates) would like to see you on post-operative day 1 or 2. They want to make sure that your recovery from surgery is going well and answer any immediate post-operative questions you may have. If, for some reason a problem does arise, they would also be able to address it quickly and correct any problems that arise. Inevitably, you will have questions regarding your surgery, its outcome, and other questions which you may not have anticipated. They will be able to address these during your post-operative appointment.

Should an emergency problem or issue arise after surgery that needs immediate attention, you can reach Dr. Perry Liu and/or associate(s) by calling the office number at **(310) 933-9944**. Either the office or the Exchange (after office hours) will connect you to your doctor.

When to call your Doctor

Call your doctor immediately if you have any of the following:

- Fever of 100.5°F or higher
- Swelling, oozing, worsening pain, or unusual redness around the incision
- Increasing abdominal pain
- Unable to urinate
- Severe diarrhea, bloating, or constipation nausea or vomiting

Some mild nausea or vomiting is not uncommon the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.

Once surgery is completed, your doctor will inform family or friends who may be waiting for you. It usually takes another 1-2 hours after surgery for you to fully wake up and recover from anesthesia. Please plan your time and pick-up schedule accordingly.

It is important for you to arrange for someone to pick you up. You will be awake and still under the effects of anesthesia, so it will not be safe for you to make any important decisions or operate moving vehicles. Please note that we will not be able to perform your surgery if there is no one to pick you up and care for you post-operatively.

For our out-of-town patients, we are able to arrange for post-surgical aftercare accommodations and nursing care if required. Usually you will need at least 1 day of aftercare before you are able to adequately care for yourself without any additional assistance. Please plan accordingly.

After surgery, you will be swollen for several weeks. Do not be concerned or alarmed by the bruising or inevitable post-operative swelling. This will also make appearance seem distorted or unnatural. These will all settle down in a few weeks and you will look normal again.

Many patients are concerned about post-surgical scarring. We will recommend post-operative scar care for you depending on your needs. For each patient, these needs are different and our recommendations are customized to you. In most cases, please allow 1-2 weeks for your surgical incisions to heal, to regain your strength, and to stabilize before we start scar modification treatments.

AFTER YOUR SURGERY

Recovering From Surgery & Anesthesia

Each particular procedure may warrant slightly different post-operative instructions. While you will obtain this specific information regarding your specific surgery, the following can be applied universally:

- **PLAN TO REST** the rest of the day following surgery
- **ADVANCE YOUR DIET SLOWLY** from liquids to soft. Nausea may last several hours after anesthesia.
- **DRINK PLENTY OF LIQUIDS:** only drink water in addition to other liquids. – water/ coconut water/ Vitamin water or Gatorade. Citrus juices may irritate stomach. Have straws ready for easy liquid intake.
- **GOOD NUTRITIOUS FOODS** are very important in the healing process and will help you feel stronger sooner. Soft foods are best to start with. **SOME SUGGESTIONS:** High protein, high calorie foods. This may include protein shakes (non-dairy if you're having nasal surgery). Baked or mashed potatoes, creamed vegetables, jelly or pudding, apple sauce, bananas, canned fruit or tuna fish, eggs, oatmeal, cream of wheat, any type of baby food, warm soups (low salt).
- **NO SMOKING. NO ALCOHOL.**
- **NO** diet foods. **NO** diet drinks. - Your body needs the calories for proper healing.
- **NO** aspirin or aspirin products (Motrin, Nuprin, Advil, Excedrin, Anacin)
- **NO** salt. **NO** spicy foods.
- **NO** heavy or big meals: start small and light and then slowly increase as tolerated.
- **DO NOT DRIVE CAR** or operate machinery (lawn mower, saws, etc) until 24 hours after anesthesia
- **DO NOT MAKE ANY PERSONAL OR LEGAL DECISIONS** until 24 hours after anesthesia
- **Apply warm compress** to any redness or swelling at the IV site in your hand or arm
- **DO NOT** take additional acetaminophen or Tylenol for pain or headaches. You will be given narcotic pain medication that contains acetaminophen.
- Follow postoperative instructions specific to your procedure.

TIPS FOR A HEALTHY RECOVERY

The recovery period after surgery varies from person to person, and of course, depends on the procedure you're having and whether multiple procedures are being performed at the same time.

Regardless of the procedure there will be both physical and emotional issues to consider during recovery. It's important to remember not to rush the healing process. Here are some helpful hints for a healthy recovery.

1. Reduce swelling following facial surgery by applying ice. Even if your surgeon has applied bandages to reduce swelling you may need to apply ice periodically. Ask your surgeon how long you should continue this.
2. Plan your recovery time smartly. Depending upon the surgery, recovery time could range from a few days to a few weeks. Keep this in mind as it affects your work, family, and social schedules after surgery.
3. Be realistic in your expectations. Let's face it, you're going to look worse before getting better. Just about all types of cosmetic surgery procedures involve bruising and swelling.
4. Your real results won't reveal themselves for a few days (or longer) so don't panic! Let the natural healing process take place. If you suspect a problem see your surgeon.
5. Follow your surgeon's guidelines. Whether it's regarding taking prescribed medication, resuming regular exercise, or hygiene instructions, your surgeon can provide the best advice for a safe and healthy recovery.
6. Arrange for care for the initial 24-72 hours after surgery. Even though you may believe you can resume your normal routines, having someone there to assist you will bring peace of mind and allow the healing process to occur normally and with less disruption.
7. Rehydrate your body often. Surgery of any kind can reduce fluids in your body. Drinking water frequently will help replenish these lost body fluids. Also, eat lightly for the first few days and only food that is easy to swallow and digest.
8. If you've had surgery on your head or neck, keep them elevated for a few days. This will reduce swelling and speed the recovery process without compromising the results.
9. Avoid exposure to direct sunlight. Use sunblock with proper UV protection to protect your skin.
10. Don't take aspirin or anti-inflammatory medications. These might interfere with medications prescribed by your doctor. Be sure to check with your doctor about which over-the-counter and prescription medicines you should avoid during recovery.
11. After surgery, you will have open wounds and it is important not to expose these areas to sources of infection. Please do not hug or sleep with pets, sit in hot tubs, swim in ponds or lakes or otherwise expose yourself to germs. Things that normally would not make you sick can infect you until your wounds heal.