



203 E. Irving Park Rd, Wood Dale, IL 60191
Phone – 847 385 0700 Fax – 877 550 1717

Plastic Surgery Post-Operative Instructions

Anesthesia Effects:

- Avoid driving, operating machinery, alcohol, and unprescribed medications for 24 hours.
- Refrain from making important decisions for 24 hours.
- Ensure someone is present for support at home.

Activity:

- Rest upon returning home.
- Gradually resume light activities as tolerated, following a staged return to normal activity.
- Avoid strenuous activity for a specified period.

Diet:

- Start with clear liquids, progressing to a soft diet as tolerated.
- Avoid irritating foods (e.g., greasy, spicy, crunchy) as instructed.

Medications:

- Take prescribed medications as directed, noting potential side effects.
- Consult your surgeon before taking any over-the-counter medications.
- Resume regular prescription medications as directed.

Wound Care:

- Maintain proper hygiene of the surgical site as instructed (e.g., gentle washing, patting dry).
- Apply prescribed topical medications as directed.
- Follow instructions regarding sutures.

Follow-Up:

- Contact your surgeon's office with any concerns.
- Be aware of specific signs and symptoms that require immediate medical attention.

Specific Complications to Watch For (Seek Immediate Medical Attention if You Experience):

- Changes in urination.
- Fever.
- Persistent nausea or vomiting.
- Uncontrolled pain.
- Excessive swelling, redness, warmth, or hardness at the surgical site.
- Numbness, tingling, or coldness in extremities.
- Excessive bleeding or drainage from the surgical site.
- Any progressive negative changes at the surgical site.

NOTE: The patients will be given detailed discharge instructions according to the procedure undergone on the day of the surgery.