

## KAROL A. GUTOWSKI, MD, FACS

*AESTHETIC SURGERY*

*CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY*

*MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS*

### AFTER CARE INSTRUCTIONS for CALF IMPLANTS

#### MEDICATIONS

- You will be prescribed narcotic pain medication which you should take as needed and directed. While most of these medications are prescribed to be taken 1 to 2 pills every 4 to 6 hours, you may find it better to take 1 pill every 2 to 3 hours if the effects start wearing off too soon. However, do not exceed the prescribed amount per day.
- As your pain decreases, you may switch to over the counter Tylenol (acetaminophen). Keep in mind that you should not take more than 4000 mg of acetaminophen per a day. Your narcotic medication may also contain acetaminophen so you need to be aware of your total dose from all the medications you are using.
- Ibuprofen (ie-Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with your narcotic pain medications and with acetaminophen. However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).
- Purchase an over the counter stool softener (Metamucil, Colace) while taking narcotic pain medication. This helps avoid constipation.

#### DIET

- A light diet is best for the first 2 days after surgery. Then resume a regular diet

#### ACTIVITY

- **IMPORTANT: To decrease the risk of blood clots after surgery, do not spend time in bed except for when you normally sleep. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.**
- **SHOWER:** You may shower 1 day after surgery. Do **NOT** swim or use a whirlpool for 4 weeks or if there are any openings in the incision.
- **SLEEPING:** Sleep as you feel comfortable
- **Avoid excessive stair climbing and calf straining for 2 weeks after surgery**
- Do **NOT** push, pull, or lift anything heavier than 20 pounds (about the weight of a 2 gallons of milk) with your legs for 2 weeks after surgery.
- Do **NOT** do any strenuous activity or exercise (running, weight lifting, aerobics) for 4 weeks. After your start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises.
- Do **NOT** engage in any sexual activity for at least 2 weeks; resume when completely comfortable.
- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.

## **INCISION MANAGEMENT**

- For skin incisions, if there is a strip of paper tape (Steri-Strip), leave it on until you're your follow up visit.
- If there is a drain, empty it daily and record the amount of fluid.

## **WHAT ELSE TO EXPECT**

- You can expect some minor bleeding from the incisions and some swelling. If the swelling on one side is more pronounced than on the other side, if you have a continuous bloody drip or if you are experiencing pain which is not relieved by pain medication, call Dr. Gutowski immediately.
- Some pain and discomfort for 3 to 4 weeks, although it should gradually get better from the first 2 to 3 days.
- Expect some numbness at the surgical site, it will improve in a few days.

## **WHEN TO CALL DR. GUTOWSKI**

- Fever over 101.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision or drains.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room