

PHILLIP DAUWE, M.D.

P L A S T I C S U R G E R Y

GENERAL INSTRUCTIONS PLEASE READ THIS VERY CAREFULLY

PRE-OP VISIT

- At your pre-op visit you can expect:
 - Blood work
 - EKG (>50 years old)
 - Sign consents
 - Receive Medications **Rx**
- Make sure all balances are paid. If your health insurance is helping pay for surgery, you will be responsible for your deductible and co-insurance.
- Make sure you have all your medications filled before surgery day.
- **Do not use any nicotine products 4 weeks before and 4 weeks after surgery.** This includes patches, gums, and e-cigarettes.
- Avoid alcoholic beverages for 1 week before and 1 week after surgery.
- Avoid any medications that thin your blood for 1 week before and 3 weeks after surgery (ibuprofen, naproxen, aspirin, etc.).
- If you are taking a prescription blood thinner (aspirin, plavix, Coumadin, xarelto, etc.), please let Dr. Dauwe know, because this will need to be stopped before surgery.
- If you have any serious health conditions, please discuss the need for preoperative health clearance with Dr. Dauwe before surgery.

THE MORNING OF SURGERY

- **Wake up 4 hours before surgery and drink 16oz of Gatorade. Do not eat or drink anything else.** (If you have diabetes, this does not apply to you.)
- **Take 1000mg of Tylenol with the Gatorade 4 hours before your surgery. This will help minimize the amount of narcotic pain medication required during your surgery, and reduce the change of postoperative nausea.**
- Do not put on make up, lotions, creams, or other cosmetic products.
- Remove all piercings and jewelry.
- For surgeries involving implants, on the morning before surgery wash your body from neck down with Hibiclens (chlorhexidine 2%) soap. (this soap can be found at any local pharmacy)

WHAT TO EXPECT AFTER SURGERY

- Stay active after surgery. This prevents blood clots from forming in your legs following surgery.
- Keep your **heart rate** below 100 for 3 weeks and below 130 for 6 weeks.
- Avoid **alcoholic beverages** for 1 week before and 1 week after surgery. It will make you bruise and perhaps bleed after surgery.
- Do not take any medications that **thin your blood** (ibuprofen, aspirin, naproxen) for 1 week before and 3 weeks after surgery.
- Take your **pain medication** every 4-6 hours for the first 24 hours, then as needed.
- You may take Tylenol, but some pain medications have Tylenol (acetaminophen) in them. Do not take more than 3000mg of Tylenol in a 24-hour period.

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PLASTIC SURGERY

- You may **drive** after you are off narcotic pain medication, and you are able to physically react to traffic (swerving or slamming on your brakes).
- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. Sometimes this lasts longer, but it always goes away.
- You may **shower**, but face away from the stream of water for first 7 days.
- Remove your steri-strips at 2 weeks.
- If you have been provided with compression garments, wear these for 6 weeks following surgery.
- Do not bath/swim/submerge after surgery until Dr. Dauwe clears you. This is a serious infection risk.

TO SPEED YOUR RECOVERY

- ✓ **Take a nap.** After you leave our facility, go home and take a 2-hour nap. This will help you recover from the anesthetic and get you back in your home routine.
- ✓ **Eat something substantial.** You haven't eaten since the day before surgery. Your empty stomach is contributing to your fatigue and discomfort. Eat a normal meal, and you will feel better.
- ✓ **Stay active, but not too active.** Stay out of bed most of the day and move around the house. Keep your heart rate below 100 though.
- ✓ **Minimize narcotic pain medication.** Narcotic pain medication sedates you and slows you down. It will make you want to lie down. When you lie down, you get bored, and you think about how much you are hurting.
- ✓ **Distract your brain.** If you engage activities that distract you from the fact that you just had surgery, you will recover faster. Do not exert yourself, but watch TV, sit at the kitchen table and eat lunch/dinner, speak with friends/family on the phone, and engage in conversation. This helps tremendously.
- ✓ **Move around.** Keep your joints loose and muscles stretched. The stiffness in your shoulders, elbows, neck, and back contributes to your discomfort. Just like walking on a sprained ankle, moving around after surgery will quicken your recovery.

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THINGS TO LOOK OUT FOR

If you have any of the following, please call the office:

- ✘ vomiting ✘ rash ✘ shortness of breath ✘ chest pain ✘ leg swelling ✘ diarrhea
- ✘ fever (>100.5°) ✘ redness ✘ increasing tenderness at the surgical site

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE

- It is important to be seen according to the follow up timeline. Dr. Dauwe will explain your postoperative needs at each follow up visit.
- The office is open 9-5p (Mon-Thurs) and 9-3p (Fri).
- If you need immediate care, please call Dr. Dauwe's office at anytime. There is no such thing as a silly question. I would rather you call me and get it right, than not "bother" me and chance not doing the right thing.
- If you had any kind of implants placed and have major dental work or major surgery planned, please notify Dr. Dauwe, so he can prescribe a pre-operative antibiotic to protect your implants from possible infection.
- Please call the office and schedule the first follow up appointment for the day after surgery.

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RECOVERY AND FOLLOW UP TIMELINE

One Day

You will be feeling tired and sore. The bruising and swelling are the worst 2-3 days following surgery. Take your pain meds as needed, take a few naps, but stay reasonably active. Avoid blood thinners, alcohol, and nicotine.

One Week

Your soreness will be improving, but your fatigue will persist. Dr. Dauwe will remove your stitches at this visit if necessary. Your bruising will be improving, but your swelling will persist. Try not to stay out of the house for longer than a few hours, because it will exhaust you.

Two Weeks

This appointment is only made as needed, perhaps for removal of additional stitches. You will be feeling more like a normal person, as your soreness will be much better and fatigue will be improving. Please remove your steri-strips if they are still in place. Get out of the house, run errands, and make plans with friends.

Three Weeks

Your soreness and fatigue have resolved. You may return to light to moderate exercise (HR>100). Your bruising has resolved and your swelling will be improving. Now you may drink alcoholic beverages. It is now ok to resume any blood thinners you may have been taking. Start scar therapy protocol.

Six Weeks

You will be feeling much better, and your results will really start to shine. You may return to intense exercise (HR>130), but if you had breast implant surgery, please do not do any strong upper body exercises yet (bench press, pushup, inverted yoga, etc.).

Three Months

Return to the office for postop photographs. At this point, 90% of the swelling has resolved and you are close to your final result. If you had breast implants, you may return to upper body strength exercises.

Six Months

At this visit, postop photographs will be repeated. You will see your final results now, as 95% of swelling has resolved.

One Year

Your postop photographs will be repeated, and you are finished with your surgical recovery. 100% of swelling has resolved.

Long-Term

You are a patient for life. If you have any concerns or interests, we will always be a resource for you.