

POSTOPERATIVE CARE – OUTPATIENT SURGERY*

First 48 Hours

- Important: If you have excessive bleeding or pain, call the office at (407) 299-7333. An on-call staff member will contact your surgeon if you are experiencing a problem or if you have questions pertaining to your surgery (Day or Night).
- Your first 24 hours: If you are going home, a family member or friend must drive you because you have been sedated. Someone must stay overnight with you.
- Dressings: Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.
- Activity: Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom and sit, but do not engage in any physical activities (cleaning the house, cooking, or rearranging closets). We do not want you to bleed and cause any more swelling and bruising than is unavoidable.
- Diet: If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.
- Smoking: Smoking reduces capillary flow in your skin, which delays healing. We advise you NOT to smoke at all during the first 14 days after surgery.
- Alcohol: Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescriptions pain pills, as the combination of pain pills and alcohol can be dangerous.
- Driving: Please don't drive for at least 3 days after general anesthesia or intravenous sedation, or you are instructed to do so by your surgeon.
- Post Operative Appointments: It is very important that you follow the schedule of appointments we establish after surgery.