

AESTHETIC ENHANCEMENT COSMETIC SURGERY AND LASER CENTER DISCHARGE INSTRUCTIONS

General Anesthesia Discharge Instructions:

- You may be sleepy for the next 12-24 hours after you received anesthesia. You are advised to go home and rest or sleep.
- For the next 24 hours DO NOT: drive a vehicle or operate any machinery or equipment that requires focusing or concentration, consume any alcoholic beverages or drugs other than the ones prescribed by your physicians, sign any legal documents or make any legal or major decisions, make any major purchases.
- Headaches, vague soreness or stiffness are common side effects of anesthesia and may persist for several days.
- Fatigue may persist for 24-48 hours.
- A mild sore throat is not uncommon for 24-48 hours following a general anesthetic. You may use throat lozenges.
- Now that your surgery has been accomplished, it is VERY IMPORTANT that you take some steps to ensure that your breathing function stay at their optimum. Often after surgery, patients are afraid to breathe normally because of perceived discomfort. If your lungs are not expanding fully, and the commonly produced secretions cannot be expectorated out, then complications such as pneumonia can occur. Deep breathe and cough periodically after surgery.
- When you feel like eating, start with fluids like Jell-O or soup. You may advance to a normal diet as tolerated.
- It is very important to begin walking with assistance today, DO NOT remain in bed.
- If you are unable to urinate after 8 hours, call your surgeon.
- If you have any questions or problems that are related to your anesthetic, call your surgeon who will contact the anesthesiologist for you (210) 496-2639 or 655-6399.

Post-operative Discharge Instructions for: Abdominoplasty

- Dr. Lawton will see you in the clinic on _____ at _____ am/pm for your next day follow up visit. You may freshen up prior to your appointment.
- You need to sleep in a reclining position with pillows under knees for the first week after surgery. Do not sleep flat. You may sleep in a recliner if you have one with the knees bent.
- You may not shower/bathe until your follow-up visit in one week or otherwise instructed. You may sponge bathe the day after surgery. Do not remove the tape over the incision sites or on the drain/s, these tapes may get wet. Pat dry after your sponge bath. When instructed to shower. Support the drains during the shower. After your shower pat the incisions dry.
- You will have 1 to 2 drains that will be removed by a nurse in the clinic. Record the amount and the time when you empty the drain/s, this information will be provided to the nurse if needed to determine when to remove your drain. You must call the office to schedule an appointment to have your drain/s removed when you have less than 30cc in a 24-hour period.
- Do not lift anything greater than 5lbs or exercise until instructed.
- You may take Phenergan as needed for nausea.
- You may start taking your pain medicine if needed _____. Do not take on an empty stomach. Eat crackers or dry toast to prevent nausea. Do not use in combination with over the counter pain medicines.
- **Take your next dose of antibiotics tonight then resume your regular schedule tomorrow.**
- Begin taking your supplemental tablet(s) today when you get home. Follow instructions on package/bottle(s).
- You were given Valium at _____. Next dose can be given at _____.
- A responsible adult should remain with you during the first 24 hours after surgery.
- Call your surgeon immediately at (210) 496-2639 if you experience persistent pain not relieved with pain medication, drainage exceeding 100ml/hr, and high fever.

- Call 911 immediately if you experience shortness of breath, sudden sharp chest pain especially if made worse by deep breath or cough, painful respiration, new onset of wheezing without any prior history, and if you experience a seizure without any prior history.
- **ABSOLUTELY NO SMOKING!** Smoking will compromise the blood flow to the surgical area, which will delay the normal healing process.

Patient's Name: _____

Surgeon: Gary Lawton M.D.

Responsible Person: _____

Date: _____