

## **AESTHETIC ENHANCEMENT COSMETIC 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: Brachioplasty/Liposuction of Arms**

- Your next follow-up visit is \_\_\_\_\_ at \_\_\_\_\_ am/pm.
- Elevate both arms on pillows at your sides. Move your fingers and wrists frequently to assist with circulation. It is common to have swellings and bruising to arms and fingers.
- Do not remove or adjust ace wraps on arms. You may change pads if they become moist or saturated with sanitary pads. Discard soiled pad. You may have a minimal or a lot of drainage.
- You may take a shower on Friday. Remove wraps on arms prior to taking your shower. Absolutely not tub bath until advised by your doctor or clinic nurse. After you take a shower replace ace wraps on both arms. You must wear ace wraps every day until the clinic nurse tells you to remove them.
- Do not lift anything greater than 5lbs or exercise until instructed.
- You may take Phenergan as needed for nausea.
- **Take your next dose of antibiotics tonight then resume your regular schedule tomorrow.**
- **You were given \_\_\_\_\_ @ \_\_\_\_\_ am/pm for \_\_\_\_\_. You may take your next dose at \_\_\_\_\_ am/pm on \_\_\_\_\_.**
- 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.
- 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, You were given Valium at \_\_\_\_\_. Your 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, unilateral swelling and/or redness, 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.
- Begin taking your supplemental tablet(s) today when you get home. Follow instructions on package/bottle(s).

Patient's Name: \_\_\_\_\_

Surgeon: Gary Lawton M.D.

Responsible Person: \_\_\_\_\_

Date: \_\_\_\_\_