

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.

Post-operative Discharge Instructions for: Breast Augmentation

- Dr. Lawton will see you in the clinic on _____ at _____ am/pm. You may freshen up prior to your appointment.
- Do not remove your surgical dressing. Your surgeon will provide additional instructions regarding showering at your follow up. You may use deodorant around incision sites (if your incision is under your arms). Do not rub the incision sites or remove the tape over the incision sites. Do not shave underarms (if applicable), or use soaps, deodorants, powders, creams, or sprays over incision sites until instructed. Just rinse and pat the area dry. Keep the incision site clean and dry
- Sleep in reclining position, use a recliner if you have one, or place pillows behind back and under arms for comfort while sleeping.
- You may resume taking your medications, unless otherwise instructed. You should also be taking a multivitamin with Iron. Do not take any medicines containing aspirin or vitamin E for the first 2 weeks after surgery.
- The pain medicine will not take away the pressure or tightness. You may experience moderate pain the next few days. You may substitute acetaminophen for the prescription pain medicine as the pain decreases.
- You may take Phenergan as needed for nausea.
- You were given **Valium** for tightness and pressure at _____, you may take your next dose at _____.
- 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 additional supplements today when you get home. Follow instructions on package/bottle(s).
- **ABSOLUTELY NO SMOKING!** Smoking will compromise the blood flow to the surgical area, which will delay the normal healing process.
- 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 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.

Patient's Name: _____

Surgeon: Gary Lawton M.D.

Responsible Person: _____

Date: _____