

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: Liposuction

- Dr. Lawton will see you in the clinic on _____ at _____ am/pm. Do not remove any dressing prior to arrival.
- You may shower two days following surgery on _____. Do not take a bath until your sutures have been removed. When showering do not rub incision sites, just rinse and pat the area dry. You will have several incision sites due to area/s liposuctioned, keep the incisions dry and clean. You may have bloody drainage for the first few days from these sites. Replace Band-Aids and gauze dressing as needed. You must wear the compression garment and the foam padding (if used) at all times. You may remove it to clean as needed.
- You will have swelling and bruising due to the procedure. You may use ice packs to these areas.
- You need to have someone with you when you take your garment off in 2 days. You may feel dizzy or lightheaded due to blood shifting throughout your body. If you should experience dizziness at anytime lay down.
- When you get up from a lying position let your legs dangle on the side of the bed then stand up. Do not stand up immediately from a lying position you may experience some dizziness.
- Sleep in a reclining position; place pillows behind your back for comfort while sleeping.
- Drink plenty of fluids over the next several days.
- Your sutures will be removed at your follow-up appointment in 1 week.
- 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.
- The pain medicine will not take away the general achiness or soreness you may experience.
- **Take your next dose of antibiotics tonight then resume your regular schedule tomorrow.**
- Resume taking the Iron supplement today and use the stool softener as needed.
- Begin taking the additional supplements today when you get home. Follow instructions on package/bottle(s).

- A responsible adult should remain with you during the first 24 hours after surgery.
- 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, seizure, lower extremity edema especially if only one side, and bluish color to extremities.
- Call your surgeon immediately at (210) 496-2639 if you experience persistent pain not relieved with pain medication, and high fever.

Patient's Name: _____

Surgeon: Gary Lawton M.D.

Responsible Person: _____

Date: _____