

## **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: Rhinoplasty**

- Dr. Lawton will see you in the clinic on \_\_\_\_\_ at \_\_\_\_\_ am/pm. You may freshen up prior to your appointment.
- Sleep in reclining position. Do not sleep flat. Use pillows behind your head for support.
- Keep your head elevated; avoid bending your head down, straining and blowing your nose. Do not put anything inside of your nose. Do not rub your nose.
- You will have a drip pad under your nose to collect the drainage. Change this pad as needed. Once the draining has stopped you can remove the pad. The draining may last for a few days.
- Do not attempt to clean the inside of your nose. This could loosen the scabs and lead to bleeding.
- You may apply ice packs to your eyes throughout the day for 10-15 minutes at a time. It is normal for your eyes to swell and bruise.
- Do not remove the splint on your nose or get it wet. This splint is used to help support the bones and the healing process. The nasal splint will be removed at your follow-up appointment in 1 week.
- You may take a shower the day after surgery. Tilt your head back so someone may help you wash your hair.
- 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. A responsible adult should remain with you during the first 24 hours after surgery.
- **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 \_\_\_\_\_. Your next dose can be taken at \_\_\_\_\_.

- Call your surgeon immediately at (210) 496-2639 if you experience persistent pain not relieved with pain medication, 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: \_\_\_\_\_