

Fred H. Siegel, M.D.
Plastic and Reconstructive Surgery

Abdominoplasty & Breast General Instruction Sheet

GENERAL INSTRUCTIONS:

1. No alcoholic beverages for twenty-four hours
2. No driving, operating equipment or machinery for twenty-four hours.
3. Do not sign any important documents for twenty-four hours.
4. Do not stay alone; you will be sleepy and need a responsible person with you for twenty-four hours.
5. Rest at home for twenty-four hours.
6. Start with clear liquids and advance your Dr's ordered diet; for example after your liquids try soup and crackers and then a regular diet for your supper.
7. Do not take pain medication or antibiotics on an empty stomach. Eat something like crackers before taking medication.
8. Take _____ for pain.

PLEASE REMEMBER:

1. The binder should not be removed until your next doctor visit.
2. It will be necessary for you to wear the binder for 24 hrs a day for 1 week, then during the day for 1-2 weeks.
3. Empty and re-charge drains every 8 hours or when half full and record outputs separately.
4. Take antibiotic as ordered.
5. Do not remove paper tapes under the breast or on the abdomen.
6. Keep chest elevated and place a pillow under your knees.
7. Do not use your arms to pull yourself up, but move arms in small circles about every hour for 12-24 hours while awake.

POST-OPERATIVE PHONE CALL:

Dr. Siegel will call you in the evening after your surgery. A representative from Dr. Siegel's office will also call you the day after your surgery. Do not be alarmed. This is a routine call to see how you are doing at home.

SPECIAL CARE OF YOUR SURGICAL AREA:

POST-OP CALL

PLEASE REMEMBER:

A certain amount of nausea and occasional vomiting is normal – if it persists please notify your physician.
Approximately once an hour, take a deep breath, hold it for a second, then blow it all out.
Watch for heavy or prolonged bleeding, if present notify your Dr
Watch for signs of infection; fever, increased pain, foul drainage. If present, notify your Dr.
You are to see your Dr. on/in _____.
Dr. Siegel can be reached at
(757) 547-2115 24 hours a day.