

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

**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

**BIOPSY OR MINOR SURGERY PATIENTS**

May shower tomorrow  
Take Tylenol for pain  
Apply Neosporin or Bacitracin ointment to sutures twice daily.

**SPECIAL CARE OF YOUR SURGICAL AREA:**

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**POST-OP CALL**

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**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.

**POSTOPERATIVE PHONE CALL:**

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

Date/Time

Signature - Patient/Caregiver

Date

Signature - Nurse