

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:

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.

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