



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

PLASTIC SURGERY

Post-Operative Instructions

Care of Wound/Special Instructions

The dressing should stay clean and dry for 3 days. After that, you may remove dressing. Please keep suture and incision clean and dry. Please apply topical antibiotic such as Neosporin to clean incision three times a day.

You may shower after 24 hours. Suggestion - cover dressing while in the shower

No bathing, swimming or soaking for 2-3 weeks or until cleared by your surgeon.

Do not go into pool, pond, river, or stagnant water site for 6 weeks to avoid infection

You may do light activities of daily living, such as feeding, key boarding, etc. Please do not lift anything heavier than 10 lbs.

The sutures are dissolvable

Drains

Please strip the drain three times a day

Then open the drain cap and record the output in cubic centimeter or milliliters (1 cubic centimeter = 1 milliliters)

Empty bulb

Reconnect the drain to bulb and put the bulb on suction by squeezing the bulb while closing the cap on the bulb.

Record the drain output of each drain/bulb separately, three times a day.

Keep the drain apparatus clean at all times.

Managing Pain

Pain Medication: You can take Tylenol for the first 3 days in addition to your prescribed pain medications for pain control, starting as soon as you are able to tolerate a small amount of bland food such as crackers, toast or soup.



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Do not take Motrin, Naproxen, Aleve, Advil or Aspirin until 3 days after surgery due to the risk of increased bleeding. After 3 days, you may take these medications in addition to the pain medication/Tylenol.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.