



Immediate Post-Operative Instructions

Recommended Sleeping Positions

To support your healing and reduce strain on your incisions, it is important to sleep in an elevated position during the initial recovery phase.

Breast Patients

- If available, sleep in a recliner set at a 30–45 degree angle. This position naturally supports your upper body and helps prevent accidental turning or shifting during sleep.
- If sleeping in a bed, use several firm pillows or a wedge pillow to elevate your upper body. Your back should be propped up at an incline, similar to a reclining chair. You may also place a pillow under your knees for added lower back support and to prevent sliding.

Abdominoplasty Patients

- Sleep in a recliner that allows you to remain comfortably bent at the waist and supported with minimal movement.
- If a recliner is not available, sleep in bed with multiple pillows behind your back and under your knees to maintain a gentle bend at the hips and reduce tension on your abdominal incision.

Activity

- After general anesthesia, start with clear liquids and bland foods like crackers or applesauce and advance your diet as tolerated. Avoid heavy, greasy, or dairy-rich foods to prevent nausea.
- Walk as soon as possible as this helps reduce swelling and decreases the risk of blood clots.
- No lifting greater than 8 lbs.
- You may shower after 24 hours with warm water (No soaking in a bathtub).



Medications

- Take medications as directed in your post operative folder
- Alternate Tylenol and Ibuprofen for discomfort.
- Antibiotics every 6 hours starting with the first meal you eat.
- Stool softener daily.
- Zofran (ondansetron) for nausea and vomiting if needed.
- Zyrtec daily.
- Toradol can be taken for pain >7/10 on a pain scale as needed if prescribed.
- Cyclobenzaprine can be taken for muscular discomfort as needed if prescribed.

Garments

- Post-operative garments should be worn unless bathing.

Drains (if applicable)

- Drain output should be recorded every 12 hours in milliliters
- Drainage will be red in color resembling Kool Aid. It is not unusual for drainage to seep around the drain site
- Drain sites can be padded for comfort with gauze or a maxi pad

Contact Us

- If you need to speak to a member of our care team, please call or text the office at **(813) 542-2587**.
- Urgent text messages received outside of regular business hours will be answered as promptly as possible during reasonable waking hours.
- Outside of regular business hours the answering service can contact the physician on your behalf for emergencies.

POLITIS
PLASTIC SURGERY