



## Post-Operative Instructions

The post-operative period can be a stressful time for **Patients and Families**. We are here to help make your recovery as smooth as possible. We want you to heal in the best possible way. The following are **IMPORTANT** instructions that will help both you and our office throughout that process:

1. During the immediate recovery period (the first 2-3 weeks) we ask that you call the office every other day and let us know how you are doing. You can reach the office at **715-847-0000**
2. We want to know how you are feeling, if you have any pain, nausea, constipation, fevers, etc. If you have any unresolved issues, we need to know in order to keep things running smoothly for you. Please do not hesitate to call with any questions or concerns.
3. It is important that you and your family member look at your incision line and surgical site every day. If you develop redness, swelling, wound separation or drainage from your incision site, significant discoloration in the skin or significant tenderness not relieved with pain medication, we need to know about it.
4. We also want to know what the drainage is from your drains, if the total are less than 30 cc for 2 consecutive 24-hour periods, we will see you for removal of drains in the office. Here is an example of how to total your drains:

Date: 11/18	8 AM	12 NOON	8PM
Drain #1	10	10	5
Drain #2	5	5	2

Date: 11/19	8 AM	12 NOON	8PM
Drain #1	10	5	5
Drain #2	2	5	5

Date: 11/20	8 AM	12 NOON	8PM
Drain #1	1	5	5
Drain #2	2	5	5

- To get 24 hour totals for 11/18 add 8AM+12NOON+8PM+ 8AM (11/19)
- For example: Drain #1 10+10+5+10 (8AM on 11/19) = 35 cc in 24 hours on Day 1  
 Drain #2 5+5+2+2 (8AM on 11/19) = 14 cc in 24 hours on Day 1





**Our office is dedicated to making your recovery as stress free as possible!  
Please do not hesitate to call with any questions, concerns or problems you may have.**

## Home Care: JP Drain Tube

### **To Empty Drain:**

**Wash your hands well with soap and water for at least 30 seconds.**

The drains should be secured to your dressing or bra so there is no tension at the place where it enters your skin.

**Hold the bulb with one hand and open spout with the other hand.**

Have the cup for measuring close by.



**Squeeze the bulb between your thumb and fingers to empty fluid out.**

**Measure and record amount of drainage, time emptied, and color of drainage on your log sheet.**





**Squeeze bulb to push all the air out and close spout.**

If you check your drains and it is not collapsed, it is not able to drain the fluid. If you see solid material in the drain tube, you can carefully strip the material down into the bulb to prevent it from being blocked.



**Throw out drainage, rinse container and wash hands.**

## INSTRUCTIONS FOR DRAIN CARE

Please be sure you are given drain care instructions prior to discharge.

**All patients should be given the following instructions:**

1. All JP's are to be stripped at least 5 times per day with alcohol swabs as demonstrated by the nurse or medical assistant.
2. They are to be emptied after lunch, after dinner, at bedtime, and when the patient awakens the next day.
3. A reading in cc's is recorded at each time point-total of 4 readings in a 24 hour period on the sheets provided. The collecting vessel will be provided on discharge.
4. The drains are to be kept clean and dry unless directed otherwise by Dr. Markelov and his team.

**You should notify Dr. Markelov: if the drainage turns bright red and drains faster; if the amount is more than 50cc per hour for 2 hours in a row; if the drainage tube is accidentally pulled out; if the bulb will not stay compressed or hold a vacuum; if you have swelling or drainage at**





**the drain insertion site; fever greater than 100.4; or for any other concerns you have.**

## **10 THINGS TO AVOID DOING WHILE RECOVERING**

1. Do not soak in a bathtub, Jacuzzi, or pool.
2. Avoid applying hydrogen peroxide to wound/JP exit site. Soap and water are the best agents to keep the wound clean.
3. Avoid smoking. It delays wound healing.
4. Avoid separating the JP bulb from tubing in attempt to pull out fluid strands or to flush out tubing. The JP system must remain together to keep the germs from entering the wound.
5. Avoid applying powders, lotions or creams to wound/JP exit site. Drinking the recommended fluids is the best way to keep skin hydrated.
6. Avoid wrapping the tubing in loops. It must remain patent for continuous suction.
7. Avoid overexertion. Overexertion can cause pain and seroma formation.
8. Avoid lying or sleeping on your incision or JP drain.
9. Avoid drinking alcohol. It delays wound healing
10. Be careful while taking a shower. Have someone help you take a shower. Do not bend over to reach your knees or feet. Use a shower mat and use a shower chair to prevent from falling.





## JP DRAIN CHART

PLEASE BRING YOUR DRAINAGE LOG TO EVERY POST-OP VISIT.

Date and Time	Drain #1	Drain #2	Drain #3	Drain #4	Drain #5	Drain #6





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Date and Time	Drain #1	Drain #2	Drain #3	Drain #4	Drain #5	Drain #6





## IMPORTANT INFORMATION

### **FEEES FOR UNPLANNED ADDITIONAL SURGERY**

Thank you for scheduling your cosmetic surgery procedure with our office. Our goal is to provide you with the best care that you could possibly obtain.

We strive for perfection in every surgery that we undertake. Although uncommon (perhaps even rare) in our practice, unfortunately complications are part of the reality of surgery. Should you encounter a complication that requires additional unplanned surgery in the early post-operative period, you must be aware that there will be a charge for such surgery - from the standpoint of facility fee to cover the cost of operating in the Operating Room, and a charge for the Anesthesia Services. If a complication occurs in the acute post-operative period, it is Dr. Markelov's policy not to charge the patient for the additional procedure to treat the complication. However if an implant is removed and exchanged for a new implant this cost will be charged to the patient.

This is an extremely uncommon situation, but it is important for you to understand the potential realities and cost structure for unplanned additional surgery.

The other setting which additional surgery occurs is at point long after your initial surgery. If you and Dr. Markelov decide to undertake a revision of a previous cosmetic procedure more than 6 months after the initial operation then there will most likely be a prorated (probably a lesser fee) surgeon's fee in addition to the standard fees for anesthesia and the operating room facility charge.

Please sign below to verify that you have read and understand this policy.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

