

# HEARTLAND PLASTIC —| & HAND SURGERY |—

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### **ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE**

1. Your bandages will be removed within the first day following surgery. Several small drains will also be removed at that time.
2. Expect swelling and bruising to increase for the first several days after surgery. The swelling and bruising may go down around the eyes as the eyes may become swollen as well.
3. Do not hesitate to take the pain medicine if needed. Remember, this may make you drowsy and cause constipation.
4. Elevate your head on two to three pillows. Continue to use cold compresses at home for the first 48 hours. This will help reduce the swelling.
5. Expect some drainage from the incisions in the hairline. This is normal for several days.
6. You may start showering and washing your hair 2 days after surgery. DO NOT use hot rollers or sit under a hair dryer. Use a hand blower on the cool setting only. Do not color or perm the hair for one month after surgery.
7. DO NOT SMOKE FOR ONE MONTH AFTER SURGERY. This is important for wound healing.
8. You may experience numbness along the incision lines. This will improve over the next 6 - 12 months.
9. You may use makeup to camouflage the bruising on the face and neck, being careful not to apply it too near the sutures. It is important to remove it thoroughly at the end of the day.
10. YOU WILL FEEL TIRED after surgery. This is a common side effect from the surgery and the anesthesia. Your activity should be restricted for three weeks after surgery. It may take 4 - 6 weeks before your energy level returns to normal.
11. When you return to work, consider working only half days, if possible, until your stamina returns.
12. **DO NOT TAKE ANY ASPIRIN CONTAINING COMPOUNDS OR ANTI-INFLAMMATORIES UNTIL INSTRUCTED TO RESTART THEM BY YOUR PHYSICIAN.**
13. **SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR:**
  - a. Temperature over 101 degrees Fahrenheit.
  - b. Any increasing redness or swelling of the breasts
  - a. Sudden chest pain or shortness of breath.
  - b. Any unusual symptoms.