



POST OPERATIVE INSTRUCTIONS: BODY LIFT

PAIN MEDICATION

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember **NOT** to take additional Tylenol on top of the prescribed pain pills.
- **Don't** wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort. For the first few days after surgery, take pain medications before you go to sleep.
- Take Ibuprofen as instructed by Dr. Kryger. Begin taking Ibuprofen immediately.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

* It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

* You may drive once you are no longer taking narcotic pain medication.

DRESSINGS

* **DO NOT TRIM SUTURES!!!**

- **Do not** remove the steri-strips, paper tape, or clear dressing that is directly on the incisions. Gently dry them after you shower.
- Any other gauze dressings can usually be removed the day after surgery prior to showering.
- Any incisions that are **not** covered by steri-strips or tape should be kept moist by applying a layer of Aquaphor ointment several times a day.
- If you came out of surgery with a girdle or compression garment on, wear it at all time *except* in the shower for 2 weeks.

DRAINS

- Drains should be emptied and measured **twice** a day (or more often if they fill up quickly).
- They should also be stripped or milked **twice** a day. The nurse shows you how to do this before you go home.
- Check the drain tubing periodically to make sure it does not become kinked.
- You may have a clear dressing over the drains. Keep it as dry as possible. If the dressing comes off, wash around the drain sites daily with soap and water.

* Drains are removed when each drain produces less than 25ml/cc in a 24 hr period for two consecutive days. Use the drain record attached to help you record the output amount.

Email a your drain log to backoffice@drkryger.com to schedule removal of the drains.

X _____
Patient Signature

SHOWERING

- *Unless you have nipple grafts*, begin daily showering the day after surgery, even if you have drains.
- * Place a wash cloth around your neck and pin the drains (with safety pins) to each side of the cloth so that the drains are not hanging from your skin.
- To wash your hair, bring your head downward to your hands. **Do not** raise your arms above your shoulders.
 - **Do not** take a bath until instructed otherwise.

ACTIVITY

- Stay as active as possible. Walking, climbing stairs, and moving around helps the circulation and significantly reduces the risk of developing a blood clot.
 - **Avoid** lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
 - **Do not** exercise until instructed otherwise.
 - Anything that can be done with your elbows close to your sides is safe. **Do not** raise your arms above your shoulders.
 - It is normal to be hunched over when walking. This will last several weeks. Over time, try to stand straight. **Do not** actively hunch over. As the skin relaxes you'll be able to stand straighter.
- * You may drive once you are no longer taking pain medication.

EATING

- If you are nauseated stay hydrated by drinking water and clear liquids.
 - Start with liquids and progress slowly to solid foods. Begin with bland low-fat foods such as crackers or toast.
- * It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

SLEEPING

- **Avoid** sleeping on your stomach until all soreness has subsided.
- Sleeping in a reclining chair or on your back with 2-3 pillows under your knees may be most comfortable.
- Sleeping on your side is acceptable.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.

EMERGENCIES

*** If an emergency arises, please call 911!**

X _____
Patient Signature