



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Flankplasty Post Op Instructions

Mayberry Plastic Surgery
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Contact
(505) 888 3844
www.mayberryplasticsurgery.com/



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Follow Up Appointment: _____

Instructions:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Take a stool softener such as peri-colace.
- Take medication as prescribed. Do not take aspirin or any products containing aspirin until approved by Dr. Mayberry.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities:

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- No lifting greater than 5 lbs. for 6 weeks. This can be modified by Dr. Mayberry.
- You can resume sexual activity as comfort permits, usually 2-3 weeks post operatively.
- Avoid straining of abdominal muscles. Strenuous exercise and activities are restricted for 6 weeks.
- You may return to work approximately 3-4 weeks.

Incision Care:

- No showering until drainage tubes are removed, and directed by Dr. Mayberry. You can sponge bathe only.
- Remove and replace the gauze as needed 24 hours after surgery. Do not remove the steri-strips.
- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable use sunscreen with SPF 30 or greater.
- Keep the steri-strips in place until instructed by Dr. Mayberry.
- Keep the incisions clean and inspect it daily for signs of infection.
- Do not use well water to clean your incisions, use bottled water only.
- No tub soaking while sutures, steri-strips or drains are in place.
- Wear your compression garment 24/7 for 6 weeks post-op.
- Place daily soft dressing over incisions and around the drain sites to wick away moisture and to prevent irritation by the garment along the incision line.
- Sleep with your chest elevated and pillows under your knees to decrease tension on your incision. Do not lie flat.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.



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What to Expect:

- You may experience temporary pain, soreness, numbness of abdominal skin and/or incision discomfort.
- Maximum discomfort will occur the first few days.
- You will have bruising and swelling. The majority of the swelling will subside in 6-8 weeks.
- You may feel tired for several weeks or months.

Follow Up Care:

- Drains are removed when the output is less than 30 ml in a 24 hour period. (See attached drain care instruction sheet and record sheet).
- Surface stitches if any will be removed in 7-10 days.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/ or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns

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OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844 OR 505.857.3933

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____



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HOUSEHOLD ACTIVITIES: You may be up and around the house with your usual activities except those specifically outlined previously.

PULL OVER CLOTHING: You should wear clothing that fastens either in the front or at the back rather than the type that must be pulled over the head for a week. You can also wear a wide neck shirt.

ATHLETICS: No swimming, strenuous athletic activity or exercises that involve turning your head for 4-6 weeks.

KEEPING A "STIFF" FACE AND NECK: You should not move the face and neck excessively until the skin heals to the underlying tissues.

- Avoid excessive grinning and smiling.
- Don't turn your head without turning your the neck and shoulders as one unit, when you must turn, do as if you had a "crick" in it the neck, for 2 weeks.
- Don't bend the head forward or extend the neck backward for the same period.

RETURNING TO WOK AND RESUMING SOCIAL ACTIVITIES: When you should return to work depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop. The average patient may return to work or go out socially 2-3 weeks after surgery when these factors are minimal- you will have to play this by year! Do not drive for 2 weeks.

YOUR SCARS: After all stitches have been removed, the scars will appear a deep pink color. There will be varying amounts of swelling in and around the scars themselves. With the passage of time, the pink and firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing. It takes approximately one year for these changes to occur in most scars.

DAILY CARE:

- Apply a small amount of Bacitracin Ointment to the suture lines around the front and back of the ear using a Q-tip.
- The second day after surgery let warm water run through while showering. Four days after surgery you may use Johnson's Baby Shampoo or a hypoallergenic soap. Gently pat areas dry with a soft towel.
- Call our office if any excessive bleeding that persists after pressure for 10 minutes.
- Call our office if there are any signs of infection such as excessive swelling, redness, or drainage.
- Avoid taken medications on an empty stomach.
- Do not wash your hair the day of suture/staples (if used) are removed. Wash it the following day, using baby shampoo only.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.