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Plastic & Reconstructive Surgery

## HOME CARE AFTER COMPLEX REPAIR/FLAP

PLEASE FOLLOW THESE INSTRUCTIONS IN ADDITION TO THOSE LISTED ON THE **GENERAL HOME CARE AFTER PLASTIC SURGERY** SHEET YOU RECEIVED.

### WHAT TO EXPECT:

- MILD OOZING FOR 2 TO 3 DAYS AFTER SURGERY. YOU MAY BE BLACK AND BLUE FOR 7 -10 DAYS AFTER SURGERY. SINNECH AVAILABLE FROM DR. GOLDBERG WILL REDUCE THE BRUISING AFTER SURGERY.
- DISCOMFORT AND PAIN VARY, BUT ARE GENERALLY LIMITED TO 3 DAYS.
- MILD NUMBNESS IN THE AREA OF THE SURGERY WITH RESOLVE IN 6 T O 18 MONTHS.
- FOLLOW UP WITH DOCTOR, 1 WEEK AFTER SURGERY.
- LEAVE THE DRESSINGS IN PLACE AFTER SURGERY. THE DOCTOR WILL REMOVE THEM ON YOUR FIRST VISIT. IF THERE IS OOZING APPLY PRESSURE DIRECTLY TO THE BANDAGES. YOU MAY NEED TO REENFORCE THE DRESSINGS.
- TYLENOL WORKS WELL FOR PAIN. IF THE PAIN IS NOT RELIEVED WITH TYLENOL
- ONCE THE DRESSINGS HAVE BEEN REMOVED BY THE DOCTOR, HE WILL HAVE YOU APPLY BACITRACIN TO THE WOUND DAILY. A DRY DRESSING MAY BE USED FOR COMFORT.
- SHOWERING, SWIMMING, AND BATHING WILL BE DETERMINED BY THE DOCTOR.

### WHAT NOT TO DO

- DO NOT USE NEOSPORIN, AS IT CAN CAUSE A RASH.
- NO SMOKING, NO ALCOHOL IN EXCESS, NO SPICY FOODS, NO DIRECT SUNLIGHT.