

After Surgery

- A low-grade temperature of 101° is very normal after any surgical procedure. Contact our office if your temperature is higher than 101°. Make sure to drink plenty of fluids and perform the deep breathing exercises shown by your nurse at the Destin Surgery Center upon discharge.
- You may experience light headedness, dizziness, and sleepiness following
- surgery. Please do not stay alone. A responsible adult should be with you for the first 24 hours.
- For your safety, do not drive or operate hazardous machinery for 24 after receiving anesthesia or while taking pain medication.
- **No pain medication refills will be issued over the weekend.** Notify the office prior to noon on Friday for any refill authorizations. Please be proactive throughout your recovery process!

For post-operative questions, please call the main office number (850)654-1194.

Hours of Operation

Monday-Thursday 7:00 am-5:00 pm
Friday 7:00 am –Noon

After Hours

Swelling and bruising is normal; however, if you experience a sudden increase in pain, body temperature or collection of fluid, please contact the office at (850) 654-1194. Our 24-hour answering service will get you in contact with us.

For medical emergencies, please dial 911.

4485 Furling Lane
Destin, FL 32541

Phone: 850-654-1194
Fax: 850-654-3380
www.ThePlasticDoc.com



DESTIN PLASTIC SURGERY

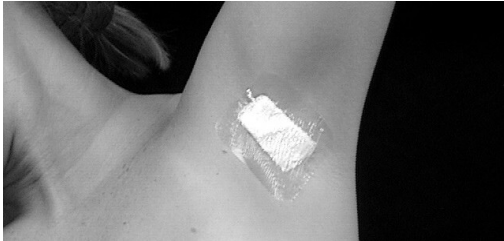


Breast Augmentation

www.ThePlasticDoc.com

Wound Care

Wound care is an important part of your post-operative recovery. A waterproof plastic dressing will cover and protect the wounds when you shower or bathe. This may be removed 3 days after your surgery.



The sutures are absorbable and do not require removal. We do not recommend shaving or using deodorant for the first week after surgery. Do not apply any ointment to your incisions, keep them clean and dry. Please note that incisions may be raised initially but will flatten out over the next couple of weeks. Avoid direct sunlight to incisions for first full year as this may cause permanent discoloration of your scar.

Activity

Restrict your activities during your recovery. Refrain from lifting, pushing, or pulling anything over 10 lbs. for the first week after surgery. You may gradually begin increasing activities as tolerated. Do not perform exercises that target chest muscles until 6 weeks after surgery. Keep in mind as this may mean making appropriate accommodations for childcare.



Bandeau

Wear your bandeau strap for 1 week after your surgery. Wearing a thick, cotton t-shirt under your bandeau will help to decrease discomfort.

Garments

The bandeau that is placed on at the time of surgery is necessary for optimal cosmetic results. The garment should be worn 2-3 inches above your nipples and should be worn for 7 days after the surgery. You may remove the garment to shower. Please follow your physician's recommendations regarding supportive garments such as bras. It is usually 3 weeks before any bra can be worn. This does vary with each patient and depends on the rate at which your implants are settling.

Before Surgery

- Remove ALL jewelry and contact lenses prior to surgery.
- Verify your complete medical history with your physician.
- Stop **ALL** aspirin products, ibuprofen, advil, aleve, motrin, or other nonsteroidal anti-inflammatory drugs at least 2 weeks before surgery. You may resume these medications 1 week after surgery. These medications interfere with bleeding as well as vitamins and many herbal supplements. You may only take Tylenol as needed for pain. Please discuss all current medications with your physician.
- Complete surgery registration downstairs at the Destin Surgery Center front desk. Destin Surgery Center will issue all surgery times and arrival times.
- Have laboratory studies performed as soon as possible.
- Verify the person responsible for your transportation to and from the facility and your post-operative care at home.
- Please notify your doctor immediately if you develop a fever, cough or any other cold-like symptoms prior to your procedure.
- **Do not eat or drink anything after midnight the night before your surgery.**