

### **After Surgery**

- 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](http://www.ThePlasticDoc.com)



**DESTIN PLASTIC SURGERY**



**Trunk Liposuction**

[www.ThePlasticDoc.com](http://www.ThePlasticDoc.com)

## Wound Care

Wound care is an important part of your post-operative recovery. A tegaderm plastic dressing will cover and protect the wounds when you shower. This may be removed 5 days after your surgery. The sutures are under your skin and will dissolve on their own. In some cases, a small drain will be placed in your abdomen during surgery. Please record the time and amount of drainage morning and night. The drain will usually be removed in 1-2 days following the surgery. Do not be alarmed if you develop a large amount of swelling of your genitalia, this is a normal post-operative finding and will resolve.

Swelling and bruising are normal; however, if you experience a sudden increase in pain with swelling asymmetry, temperature greater than 101°F please contact the office.

## Activity

Restrict your activities during your post-operative recovery. By day 3, you may begin walking with minimal activity.

You may resume exercising when you no longer require pain medication and as permitted by your physician.



**Abdominal Waist Binder**

## Garment

The abdominal waist binder that is placed on at the time of surgery is necessary for optimal cosmetic results. The binder should be worn for 3-6 weeks following surgery. The binder is adjustable and can easily be removed to shower or bathe. You may take the binder off to wash and dry.

## Medications

### **Day of Surgery:**

Once you arrive home following surgery, begin taking your prescribed medications. An instruction sheet is provided.

## Before 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.**

## Day of Surgery

- Remove ALL jewelry and contact lenses prior to surgery.