



**The Flowers Clinic**  
**Robert S. Flowers, M.D.**  
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## **GENERAL POST OPERATIVE INSTRUCTIONS**

NAME \_\_\_\_\_ CHART \_\_\_\_\_ DATE \_\_\_\_\_

**GENERAL POSTOPERATIVE INSTRUCTIONS - Previously discussed with patient - repeated here as reminder and to assist care-taking companion.**

- 1. Nausea and/or perspiring are the first signs of fainting. If the patient experiences this, *immediately get the patient lying down with head in a horizontal position with the rest of the body and elevate legs and feet. Failure to follow this rule could conceivably result in cardiac arrest or your heart stopping.***
- 2. Stay inactive the evening after surgery and morning after surgery. If possible elevate and immobilize (as much as possible) the part of the body operated on.**
- 3. Apply iced water soaks to operated area IF NOT BANDAGED.**
- 4. Take only the medications ordered by your surgeon - Do not add your own pain pills, tranquilizers, sleeping pills or anti-inflammatory medications. TAKE NO MORE THAN THE PRESCRIBED AMOUNT! Other medications such as blood pressure pills may be taken only if ok'd by your surgeon or the consulting internist. EXTRA STRENGTH TYLENOL MAY BE SUBSTITUTED for pain medication without special permission. Do not take anything containing aspirin or ibuprofen. Take NO Chinese herbs for two weeks after surgery. Take NO vitamin E or cold medications.**
- 5. You may shower after any drains are removed. However, take no tub baths until after the sutures are removed and the wounds are well healed. The same goes for pool or ocean swimming. Do not bathe with bandages on. Do not get bandages wet.**
- 6. For several days you will experience heaviness and often tightness in the operated area. Do not confuse this with pain. Take no pain medication unless you are in true pain. (Pain medicine's purpose is not to allow you to "space out" and eclipse the early period after surgery).**
- 7. Do no heavy lifting, pushing, pulling or running for 10 days. Avoid excitement, sex, and emotional upset - and anything else that might raise the pulse and increase the blood pressure, like aerobic exercise.**
- 8. You may drive several days after surgery at your own risk, but ONLY IF OFF ALL PAIN MEDICATION and if free of discomfort which may interfere with your ability to maintain control of your vehicle. Breast patients, abdomen patients and liposuction patients should wait at least a week before driving.**

9. **Food:** Do not try to eat before nausea disappears. Take only simple liquids the evening after surgery, 7-Up, tea, Sprite, carbonated juices, broth, etc... Avoid even those liquids when nauseated. Crackers and/or noodles help settle the stomach of some patients. The patient will have received sufficient fluids for today during surgery and in recovery. It is not essential that the patient consume any liquids the night after surgery. Wait until solid food has been tolerated to take antibiotics.
10. Notify your Doctor promptly of any brisk or abnormal bleeding.
11. Report any other significant changes in patient's condition, understanding however that mild to moderate nausea is a common sequela after surgery.
12. Return appointment is: \_\_\_\_\_

Come to the operative entrance and advise us of your presence. It is always a good idea to call before you come in - we will meet you with wheel chair if needed.

13. Lastly - Call if you have any questions:

During Business Hours (9-5 on Mon – Fri)	521-1999
Nights, Weekends, Holidays (Dr. Flowers Home)	373-4633
Dr. Flowers Cellular & car phone	561-5220
If no answer call, Physicians Exchange	524-2575

Covering Surgeon (when Dr Flowers is out of town): \_\_\_\_\_

Should any true emergency situation arise and you are unable to reach the doctor, take the patient to a Hospital Emergency Room preferably Queen's Medical Center, or call 911 for an ambulance with Emergency Medical Technicians.

We wish you a comfortable, calm and uncomplicated convalescence.

Follow any specialized instructions written below - or attached.

1. DO NOT REMOVE BANDAGES
2. KEEP ARMS AT YOUR SIDE AT ALL TIMES – FIRST FOUR DAYS
3. KEEP BREAST DRAIN COMPRESSED AT ALL TIMES
4. EMPTY 24 HRS PRIOR TO APPOINTMENT
5. APPLY POLYSPORIN OINTMENT TO DRAIN SITES TWICE DAILY
6. IF ANY TUBES SHOULD DISCONNECT, CONTACT THE OFFICE IMMEDIATELY

\_\_\_\_\_  
Instructions given to patient by...

\_\_\_\_\_  
Date

Please initial that you have read this on day of pre-op. \_\_\_\_\_