

PETER J. CAPIZZI, M.D.  
STILLWATER PLASTIC SURGERY

BREAST, BODY CONTOURING & FACIAL REJUVENATION  
DISCHARGE INSTRUCTIONS

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**Prior to discharge, instruct patient:**

- Provide patient: SPS Cosmetic Surgery Instructions
- Leave dressing in place overnight
- Encourage liquids overnight and solids after 12 hours
- Change or discontinue gauze dressing in 24 hours
- Paper tape on incisions may stay intact for 3-5 days
- Instruct on drain care
- May shower post-op Day #1
- Rest overnight, may do light activity after 24 hours
- Compression garment can be removed after 24 hours and Reston foam discarded
- Pain pump can be removed after 36 hours

**Follow Up Appointment (704-655-8988):**

- 3-5 days     7-10 days     11-14 days (with Dr. Capizzi)
- Follow up appointment with nurse at Stillwater Plastic Surgery in \_\_\_ weeks.

**Discharge Medications:**

- Hydrocodone 5 mg. 1-2 tabs po 4-6 hours PRN pain
- Darvocet N-100 1-2 tabs po q 4-6 hours PRN pain
- Promethazine (Phenergan) 25 mg. po Q8H PRN nausea/vomiting
- Cephalexin (Keflex) 500 mg. po tid as directed
- May use Ibuprofen 800 mg. po tid when arrival at home

**Pain Management:** Mild to moderate discomfort is normal after surgery. Ibuprofen 800 mg. (four 200 mg. tablets) can be taken three times a day. Please follow the use of any prescription pain medication given. Do not drive while taking narcotics.

**Incision care:** All gauze bandages can be removed and showering can occur on the first post-op day after surgery. Leave the skin incision tapes in place for a week if possible. Wash incision line with soap and water and pat dry. Most sutures are absorbable. If non-absorbable sutures have been used, they will be removed in the office after 7 to 10 days. It is common to have drainage for a few days as the incision seals.

**Swelling and Bruising:** Moderate swelling and bruising are normal after any surgery. If bruising occurs, it will usually resolve in 2-3 weeks. Severe swelling and bruising should be brought to our attention as soon as possible. During this time keep bruised area out of the sun.

**Breast Surgery:** After breast surgery it is common to feel heavy chested. This feeling will subside as the swelling diminishes. After a reduction it is normal to drain thin, reddish fluid for a few days. This continues until wounds are sealed usually in about 72 hours.

**Liposuction:** Swelling may make you appear larger, this is normal. It is common for the areas to have some bruising. You can switch to a store bought compression garment (girdle or bike shorts) for another 2-5 weeks as directed by your doctor.

Date: \_\_\_\_\_ Time: \_\_\_\_\_ MD Signature: \_\_\_\_\_

