



Lam Facial Plastics Surgery Center

Discharge Instructions for General Anesthesia or IV Sedation

The medication used during your surgery may still affect you for 24 hours following surgery. Effects may include: sleepiness, dizziness, disorientation, nausea, vomiting, or skin discoloration of the face, neck or chest.

Recommendations for the next 24 hours:

- An adult companion should remain with you for the next 24 hours.
- **All surgery patients need to stay locally for the first 24 hours after surgery. For patients having a facelift, Dr. Lam requires patients to stay within a 30- minute drive of the office on the night of surgery.** This allows prompt response should complications arise.
- You should take slow deep breaths and cough frequently after your surgery.
- Move or pump your legs while lying down.
- We encourage you to walk around the house the day of surgery and thereafter to help prevent blood clots from developing.
- Remember to stand up slowly to help avoid dizziness.
- Drink plenty of clear fluids.
- You may begin eating light, easily digested foods such as crackers, toast or soup when you appetite returns. Advance to a normal diet as tolerated.
- Always take your pain medication with a snack or meal to prevent nausea.
- **Do not drink alcoholic beverages or take aspirin products for 7 days following surgery.**
- Always wash your hands before touching your surgical site(s).
- To prevent infection, do not soak wound in water (tub, pool or Jacuzzi) until sutures are removed and wound is **completely** healed.
- **No swimming for the next 3 months to avoid infection of the wound(s).**
- Please refer to the Medication Reconciliation Sheet for specific medication instructions.
- You may use a “travel neck pillow” for comfort.

Report any of the following to Dr. Lam:

- Post-operative nausea or vomiting that is not controlled by the anti-nausea medication prescribed (ondansetron).
- Pain that is not relieved after taking the maximum dosage of your pain medication.
- Bleeding from surgical site that will not stop with gentle pressure for 5 minutes.
- A fever above 100.4 degrees within 7 days following your surgery.
- Signs of infection at the surgical site such as; increased redness, swelling or pain, yellow/green drainage, or the site feeling warm to touch.
- A rash and/or itching anywhere on the body.

- Unable to pass urine within 8 hours of discharge from facility.
- No bowel movement by the end of day 3 following surgery.

Please visit www.lamfacialplastics.com to watch “Patient Journeys” and Dr. Lam’s “Video Companions” addressing the following topics; Post –Op Procedure Specific Information & Care, Exercise & Working Out, Psychology & Perception, and Meditation & Yoga. It is beneficial to watch these videos **SEVERAL** times before and after your procedure to retain the information. Dr. Lam and his staff are always available to answer any questions or concerns you may have regarding your surgery.

Do NOT drive, operate machinery, make important decision or sign important documents for 24 hours following surgery or while taking pain medications!

Call 911 for any swelling of the mouth, lips, or tongue that is making breathing difficult.

If you have any questions or concerns, please call Dr. Lam at:

Monday – Friday, 8:30am – 5:00pm

Office: 972-312-8188

After Hours

Answering Service: 972-280-7461

By signing below, I am acknowledging that I have read, understand and received copies of the above post-operative instructions. I have had the opportunity to ask questions I have regarding my procedure and they have been answered to my satisfaction.

Patient Signature: _____ Date & Time: _____

Witness Signature: _____ Date & Time: _____