

# POST OPERATIVE CARE

- **DR. KIM LE:**

- You will have a direct connection with me from the day of surgery if you have any problems, concerns or questions pertaining to your operation.
- I kindly ask that messages are sent during normal “business hours” if the matter is not urgent.
- Please communicate with me via text.
- Do not leave messages on voicemail. I will not check them.
- I check all text messages between surgeries and will respond back to you as soon as I can.

If you think you are having a **life-threatening emergency, you must dial 911.**

- Do not wait for me to respond.

---

## GENERAL:

- After surgery, please make sure you DO NOT stay in bed for prolonged periods of time.
  - It is extremely important to walk around, even if it is just around the room.
  - If you are lying in bed, please move your feet up and down so that the calf muscles contract, this will minimize risk of blood clots forming.
- Please take slow & deep breaths 10 times every hour until you go to sleep the night of your surgery.
- I want you to get back to normal life as fast as you can.
  - The only restrictions are:
    - NO heavy lifting and NO running for 10-14 days after surgery.
    - Use your judgment, if you are doing something and it does not feel good, please do not do it. It means your body is not yet healed enough for that type of stress.
- You can remove the compression socks the day after surgery.

## **MEDICATIONS:**

Usually, you will receive 3 prescriptions given to you on the day of surgery:

- 1) Pain medication
- 2) Antibiotics
- 3) Nausea medication

\*Remember to always eat something prior to taking any medication so that your stomach is not being irritated.

\*\*Also remember to always separate all medication by at least 30 minutes.

- Do not take multiple medications at the same time and always give priority to pain control.

1) **Percocet:** unless your allergic or have a bad reaction

- Take 1-2 tablets every 4 hours as needed
- If you are still in pain, you can take 4 tablets of Ibuprofen in between your doses of percocet.
  - It is totally fine to take ibuprofen AFTER your surgery but not before.

2) **Antibiotics:** (Example: amoxicillin or Cipro)

- Take your **1st dose the night of surgery**
- The next day and until you finish: Take antibiotics twice a day.

3) **Zofran (Ondansetron):** nausea medication

- You take it only if you are nauseous.
- If you do not get nauseous, you do not need to take the medication.

---

## **WOUND CARE INSTRUCTIONS**

- You can shower the day after surgery with assistance.
  - If you have drains, you can tape them to your thighs so that they are not dangling and pulling.
  - You can use regular soap and water.
  - There is no problem with wetting your incisions 24 hours after surgery.
- Steri stripes (white sticky tape covering your incisions) will remain on the skin for 1 week.
  - If they fall off naturally, that is not a problem.
  - After 1 week, gently peel them off in the shower.

- Keep all incisions covered with gauze or maxi pads (sanitary pads for menstrual cycle) to prevent them from rubbing against the garments.
  - Any compression garment you are wearing is there to provide you with comfort.
    - If it feels like it is too tight, please loosen it.
    - If you feel like you need to tighten it, then do so.
    - It must give you support and not cause you pain.
    - Remember, if it hurts, you should not be wearing it.
    - If you need a break from your garment, please feel free to take it off.
      - There is absolutely no problem with being without it.
      - If you have drains, wait to switch to a faja after the drains come out.
- 

## IF YOU'RE HAVING A....

### TUMMY TUCK

- You will have two drains. The drains will need to stay in for 10 days.
  - The initial drainage will be bloody, changing to clear red (fruit punch or cranberry juice color) then to clear yellow .
- **On day 10, please text me** to let me know how much fluid has been draining in the last 24 hours from the right and the left drains
  - I will let you know if it is ok to remove the drains based on how much you are draining out.
  - **Do not remove drains prior to checking with me.**
- Most of my patients are able to remove the drains on their own (there are many good YouTube videos you can watch prior to doing it).
  - If you do not feel comfortable to do so and are no longer in the Miami area, you can either see a doctor back home or I am happy to FaceTime with you and talk you through it.
  - If you are in the vicinity of the clinic, I or my nurse will remove the drains for you.
- Remember to continue taking antibiotics for as long as the drains are in place.
  - Once the drains are out, you can stop the antibiotics.
- Please refrain from super heavy lifting for 4-6 weeks post-surgery to allow for the muscle repair to heal well. All tummy tucks are done with muscle repair.

---

## **LIPOSUCTION:**

- Most likely you will have some incisions that are left open
  - This is to let excess fluid to drain out
  - Change adhesive bandages when they get soiled & saturated
  - Replace maxi pads as many times as needed
- You will drain fluid the color of clear fruit punch or cranberry juice
  - This is normal.
  - You will drain A LOT of fluid. It should slow down by 24-48 hours.

---

## **BBL:**

- Most likely you will not have drains
- The little incisions I make for liposuction will stay open and will drain a lot of bloody looking water for 24 hours post-surgery.
  - You will need to have maxi pads ready to simply apply them over the little incisions so that the fluid can be absorbed and minimize the mess.
  - You will need to change the band-aids over the little cuts until they are fully dry and healed (normally takes 48-72 hours).
  - It is normal for the leaking to continue past 24 hours from some of the incisions.
- **REMEMBER THAT IT IS OK TO SIT ON YOUR BUTTOCKS POST BBL.**
  - If you are sitting on your buttocks, don't stay in one position for a prolonged period.
  - Try and change positions as much as you can to minimize compressing the same area for a long time.
- **REMEMBER THAT ABOUT 40% OF WHAT I PUT IN WILL GO AWAY!!!**
  - If you look at your buttocks after surgery and you are horrified that it is too big, please do not panic, 40% will go away.
  - If you look at your new buttocks and you absolutely love the way it looks, please do not hold on to it, 40% will go away.
  - The faja after BBL is also designed to give you support and comfort.
    - It should not be painful to wear, and it will not improve the survival of the fat. You can wear it as little or as long as you like.

## **BREAST AUGMENTATION:**

- Remember that it takes 8-12 weeks for the implants to settle so it is normal to see them high on your chest in the beginning.
  - Please wear the surgical bra for 2 weeks, 24/7.
    - Please do not wear push up bras for the first two weeks to allow for implants to settle better.
    - After 2 weeks, feel free to wear any bra you like.
  - All incisions are closed with absorbable sutures.
    - There are no sutures/stitches that needs to be removed.
  - Take Steri-Stripes off in 1 week
- 

## **BREAST LIFT/REDUCTION:**

- Incisions will be closed with absorbable sutures/stitches and will be covered with Steri-stripes
  - Take the steristripes off in 1 week
  - Please wear the surgical bra for 2 weeks, 24/7.
    - Please do not wear push up bras for the first two weeks
    - After 2 weeks, feel free to wear any bra you like.
- 

## **BLEPHAROPLASTY (EYELID SURGERY):**

- Swelling and bruising is normal.
  - Please apply cold compresses or ice to the eye area for 48 hours.
  - Apply triple antibiotic ointment (Neosporin) to the eyelid 3x a day for 1 week
- You will have stitches in the eyelid crease.
  - Please return to the office in 1 week for removal of the stitches.
- Wait at least 2 weeks before wearing contact lenses.
- Avoid exposing scars to the sun for at least 12 months.
  - Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater or wear a hat).
- You may have gummy eyes for approximately 1 week.
- If your eyes are dry, you can pick up Artificial Tears (over the counter eye drops) and apply as many times as needed.