

WHAT TO EXPECT AFTER PLASTIC SURGERY

Check-Ins With Our Office

You will be given Dr. Horton's personal cell phone number at your preoperative visit. Either you or your loved one (if you are sleeping) should text Dr. Horton to check in the night after your procedure. There is no such thing as a silly question! Our Nursing team will also call you a day or two after surgery to check in and see how you are doing.

Postoperative Medications

Antibiotics should start after your first meal after surgery. Pain medication should be taken only as needed, not on a set time schedule. Be sure to have food in your stomach before taking antibiotics or pain medication after surgery, as either of these medications taken on an empty stomach can cause nausea. If you do experience postoperative nausea, the anti-anxiety medication prescribed by us can help. You may have also been prescribed a formal anti-nausea medication, which can be taken as needed. Both the anti-anxiety and anti-nausea medications can be taken on an empty stomach.

Your First Postoperative Visit

After general anesthesia, you need someone to bring you to your first follow up visit and dressing change. They do not necessarily need to come into the examination room with you, but it is often helpful to have a loved one along to remember our discussion points, as you will be tired after surgery and "fuzzy-brained" while on pain medication.

Dressing Changes And Postoperative Garments

You will be instructed at your preoperative visit if/when you need to remove compression garments or perform a dressing change before you come back to the office for your first follow up. In general, we recommend you keep compression socks on for 2-3 days after general anesthesia to avoid uncomfortable ankle swelling after major surgery.

After breast surgery (breast augmentation, breast reduction, breast lift, breast revision), you will keep the ACE wrap and absorbent ABD pads underneath in place and not change anything. We will perform your first dressing change at the office 3-5 days after surgery and provide you with two postoperative soft bras and extra ABD pads at your first follow up visit. If you have drains in place, drain care will be reviewed by our Nurse with your loved one and you when you are picked up.

After liposuction, you will wake up with compression garments in place. When we see you for your first follow-up visit, we will remove several waterproof dressings over the liposuction incisions. Lower body compression garments look like a scuba suit with zippers and hooks along the sides and have an opening in the groin region so that you can go to the bathroom wearing your garment. If your garment becomes soiled, you can have someone help you remove it, hand-wash it and allow it to air-dry, and change into snug but comfortable yoga pants at home. Compression garments can be loosened or removed for short periods of time at home for comfort.

After abdominoplasty, you will wake up wearing an abdominal binder with soft pads underneath and drains that are sutured in snugly in the pubic region. Drain care will be reviewed with your loved one and you when you are picked up. It is fine to loosen your binder for comfort at home. Tightness of your abdomen is expected after repair of your abdominal muscles, but shortness of breath is not. If you have any concerns after surgery, please text Dr. Horton or call our office immediately.

After labiaplasty, you can expect spots of bloody fluid from the vagina area for several days. Be sure to have pantliners ready to change in your underwear for this. You can shower the day after surgery and wipe normally after urinating or a bowel movement. No ointment is required at home after labiaplasty surgery. Do not submerge in water (bathtub, pool, hot tub) for at least 3-4 weeks after labiaplasty. It is better to use pads rather than tampons for your first menstrual period after surgery.

Showering After Plastic Surgery

After general anesthesia, we recommend sponge baths with a warm washcloth and gentle soap or baby-wipes for cleaning private parts until your first follow-up visit. You will be sore and drowsy, and getting in the shower could lead to a fall and injuries.

At your first follow-up visit, we will discuss showering at home, with a trusted loved one helping you. Do not submerge in water (bath tub, pool, hot tub) for at least 3-4 weeks after Plastic Surgery to avoid infection and wound healing problems.

After breast implant surgery, do not shower the surgical area while drains are in place. A breast implant is a foreign body; we want to do everything to avoid infection, which can lead to capsular contracture. You can shower 24 hours after your drains are removed. We will discuss details of showering after breast implants are placed at your first follow up visit. More information about special instructions after breast surgery can be found [here](#).