



SAN FRANCISCO PLASTIC SURGERY

SAN FRANCISCO PLASTIC SURGERY CENTER

www.drkarenhorton.com

Visit Our Surgery Center Webpage to Download Pre-and Post Surgical Instructions and Get Instructions for Stopping Medications Before Surgery

www.drkarenhorton.com/surgery-center

Password: SFPS



LOCAL ANESTHESIA INSTRUCTIONS

The following guidelines are provided to ensure your comfort and safety during this important event in your life. We are committed to providing you the best possible care, and part of the process involves communication of instructions which you must understand and follow to optimize your surgical outcome.

You will need a support person available to you for the first 24 hours after your surgery. We recommend someone picks you up and drops you off from your surgical appointment (using Lyft/Uber is acceptable).



PREPARING FOR SURGERY

Complete any preoperative labs (if necessary).

- Please fill your prescriptions after your pre-op appointment.
- Avoid taking other medications unless cleared with our office. Remember to stop medicines containing Aspirin, Motrin, Ibuprofen, Advil, etc. to avoid excess bleeding/bruising. Do not take fish oil, vitamin E, or uncleared herbal supplements 2 weeks prior and at least 2 weeks after your operation. Tylenol (Acetaminophen) is safe to take for pain any time.
- Report to us any signs of flu-like symptoms or infection including fevers, chills, general malaise, etc. that arises anytime between now and the time of your operation.
- Prepare for the first month after surgery and optimize your schedule to keep your heart rate and blood pressure low in order to encourage healing.
- Do not raise your heart rate more than 20 beats per minute above your average resting heart rate after surgery for 2 weeks.

SURGERY

DATE & TIME:

ARRIVAL TIME:

Please come to your surgical appointment hydrated and nourished.

- Make sure you eat food and drink fluids prior to your appointment.
- Wear loose, comfortable clothing including a button-up or zippered top.
- Do not plan to do anything other than rest for at least the first 24 hours after the surgery.
- Take 1 Ativan -30 minutes before your surgery time.
- Pro-nox may be offered to you as needed for your comfort during your surgery.



AFTER YOUR SURGERY

Post-Local Anesthesia

- Text Dr. Horton when you get home safely. Be sure to include your full name. 415-994-3342.
- Take all medications exactly as prescribed.
- You may sleep in any position that is comfortable to you. Aim to get 10 minutes of movement every 2 hours that you are awake.
- You may shower 48 hours after your surgery. Use lukewarm water and let the water fall over your incisions. No need for additional cleansing of the surgical site.
Avoid strenuous activities (i.e. working out, heavy lifting, sex) for at least the first few weeks after surgery, or until you are cleared by our office.
- We will educate you about scar therapy once you are ready (6-8 weeks post-op).



415-994-3342

Dr. Horton's cell phone number.
Text Dr. Horton anytime, any day of the week with questions or concerns before or after your surgery.



415-923-3067

Office phone number



MEDICATIONS

Ativan (Lorazepam) 1 mg: Take 1 pill the night before surgery to help you sleep and another pill the morning of surgery with a baby sip of water. In recovery, take this as needed every 6-8 hours in recovery for anxiety, nausea, or general restlessness. *Do not combine with Alcohol.*

Keflex (cephalexin) 500 mg: Antibiotic- take one capsule four times a day for ____ days to prevent post-op infection.

Cipro (Ciprofloxacin) 500 mg: Antibiotic- take one capsule twice a day for ____ days to prevent post-op infection.

Percocet / Norco for pain only as needed, see instructions for dosing on the bottle.

Extra strength Tylenol 500 mg: Take 1-2 tablets every 4-5 hours as needed for pain. Over the counter. Do not take more than 4,000 mg in one day.

Stool Softener/Laxative: Take one dose every day you take a narcotic to prevent constipation. Over the counter. Examples include miralax, colace, etc.



LIPOSUCTION

Typical post-operative symptoms you can expect after liposuction include:

Swelling: Swelling is to be expected after liposuction for weeks, months, and sometimes up to a year. The swelling can improve with intermittent rest, compression garments, and avoiding added salt to your food.

Bruising: The bruising can be impressive depending on the extent of liposuction performed. Once the bruising is gone, you may resume normal physical activity. Avoid sun exposure to your bruises to prevent hyperpigmentation.

Itching: Itching at the incision sites is normal. You may take any over the counter antihistamine (Zyrtec, Benadryl, etc.) to help with this.

Sensory Changes in Skin: You may notice numbness or tingling sensation around your incision sites and throughout the liposuction areas which is normal. You can expect a return of normal sensation after a few months.

Scarring: Liposuction scars are small and may take up to a year to fully mature. We will teach you about scar therapy when you are ready, but in the meantime make sure to practice good sun protection.

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TO ALLEVIATE POSTOPERATIVE DISCOMFORT:

- Continue wearing your compression garments as tolerated for 6-12 weeks after liposuction. If your garments become uncomfortable, you may wear other garments that provide compression in the desired area (shapewear, leggings, etc.) or omit them completely.
- Continue taking Tylenol Extra Strength (no more than 4000 mg in a day), and the prescribed pain medications if needed for discomfort.
- To alleviate itching, take an antihistamine such as Benadryl or Zyrtec or a cool shower. Avoid using ice on the area.
- Continue to rest with good nutrition, good hydration, and good entertainment for several weeks after surgery.

Things to avoid:

- Keep your heart rate and blood pressure low (< 20 BPM than your normal heart rate) for the first month after surgery. No exercise (cleaning your house, sex, etc.) for 4 weeks or until all of your bruising is gone.
- No submerging in water (baths, pools, etc.) until your wounds are fully healed (4-6 weeks).
- No heat or ice directly on your surgical area.

Text Dr. Horton 415-994-3342 immediately if you experience any of the following:

- A high fever (greater than 101 F or 38.5 C), severe nausea and vomiting, continued dizziness or incoherent behavior.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through your incisions.
- Any other concerns, no matter how small.

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