

Dr. Medalie Post-Operative Instructions for Chest Recontouring. (READ THIS!)

Leave all dressings and the surgical garment in place until the first follow-up appointment. I encourage you to be as active as possible in the first few post-operative days and wiggle your toes to keep the blood flowing in your legs while sitting or lying in bed. Follow-up is typically in 5-8 days and should be scheduled by calling Dr. Medalie's office at 216/778-4450.

If you have a problem-please call the office and talk to my staff or the resident on call before going to the ER (216/778-4450.). Frequently problems can be managed over the phone or the resident can meet you. Do not go to the ER without discussing it with us- they will not know how to treat you.

Please keep track of the drain output and record it 2-3 times per day. Drains are typically removed when the total output for a 24 hour period is under 30 ccs (please keep track of the output so you can report what the 24 hr. total is). Please also strip the drains to advance any clots into the reservoir just prior to emptying. Sometimes the drains will bleed around the exit sites-this means that it needs to be stripped more vigorously-it is not an emergency or sign of an underlying serious problem unless the bleeding is copious. If possible apply Bacitracin ointment to the drain exit sites twice a day. It is normal to experience burning and irritation from the drains. I ask that no showers are taken until the drains are removed (sponge baths are ok).

Take the narcotic pain medicine as needed. Please do not take extra Tylenol. Please be aware that narcotic medicine is severely constipating. Start Colace twice a day after surgery (this can be purchased in the drugstore), and if you have not had a bowel movement in 3 days, start Milk of Magnesia at night. In two days it is recommended to take 600-800 mg of Ibuprofen (Motrin, Advil etc.) every 6-8 hours as needed. This can be taken with the narcotic. Please do not drive until you are no longer taking the narcotic and are free of significant pain.

Expect a small amount of drainage on the dressings and for several weeks after the surgery. Swelling, bruising, redness and bunching of the skin is normal and will resolve over time. Any residual surgical soap (yellow) or marker can be gently removed with rubbing alcohol. Mild physical exercise can be resumed as soon as you are able, but I encourage you to refrain from heavy exercise for at least one month.

If there are any problems please call my office day or night. You can reach Dr. Medalie during the week by calling his office. Otherwise call the page operator at 216/ 778-7800 and ask them to page the plastic surgery resident on call. The resident will then contact the doctor.

Daniel A. Medalie, MD
Assistant Professor of Plastic Surgery
Metrohealth Medical Center and Case Western Reserve University
phone:216-778-4450