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SCHOOL OF MEDICINE
CASE WESTERN RESERVE
UNIVERSITY



Post-Op Instructions Chest Re-Contouring

DRESSINGS:

Leave all dressings and the surgical garment in place until the first follow-up appointment. It is ok to gently adjust the garment if it is bunched up or out of position.

DRAINS:

Empty and record output 2-3 times per day. Strip the drains before emptying to advance clots. Drains are typically removed at the first follow-up appointment, or when the total output per side for a 24 hour period is under 15cc. Expect the left and right drains to differ in output up to 75cc per day over the first few days. Expect bleeding around the drain. If this occurs, strip the drain as it may be due to a clot in the drain. **BLEEDING AROUND THE DRAIN SITE IS NOT AN EMERGENCY.** Expect drainage on the dressings. Expect burning and irritation from the drains.

PAIN:

Take narcotic pain medication as directed. **DO NOT TAKE TYLENOL. AFTER 48 HOURS BEGIN TAKING IBUPROFEN (MOTRIN, ADVIL, ETC.) - 600mg every 6 hours OR 800mg every 8 hours. THIS IS STRONGLY RECOMMENDED IN CONJUNCTION WITH PAIN MEDICATION.** Constipation: Please be aware that narcotic medication is severely constipating. Start Colace 2 times per day after surgery. This can be purchased in the drugstore. If you have not had a bowel movement in 3 days, start Milk of Magnesia at night.

ACTIVITY:

For the first 24 hours, please keep activity light and limit the motion of your arms (do get out of bed though). After that, you can increase activity. On day 2, it is ok to go out and walk, go to restaurants etc. Please wiggle your toes to keep blood flowing in your legs while sitting or lying in bed.

**NO SHOWERING UNTIL THE DRAINS ARE REMOVED
(SPONGE BATHS ARE OK)****FOLLOW UP:**

Appointments should be pre-scheduled and with your paperwork. If not, please call office at 216-393-9924. Please do not drive until after first post-op visit and **DO NOT DRIVE WHILE TAKING PAIN MEDICATION.**

Please contact us before going to the Emergency Room. The ER will not know how to treat you. Frequently problems can be managed over the phone. If not, we may be able to see you in the clinic setting. **During the day, please call the office at 216-393-9924. During the evening, please call the office and press option 2 and leave a message. Someone will return your call.**