

DANIEL A. MEDALIE, M.D.  
CLEVELAND PLASTIC SURGERY  
216-393-9924 (Office)  
216-393-9925 (Fax)  
216-393-9924 option 2 (After hours number)

**Post-Operative instructions for Chest Contouring**

**Dressings:** Leave all dressings and the surgical garment in place until your follow up appointment. It is ok to gently adjust the garment if it is bunched up or out of position. If you have itching due to dressings, you may take Benadryl.

**Drains:** Empty and record output 2-3 times a day. Strip the drain by pinching it at the insertion point with one hand and use the other to squeeze the tubing stripping it down to the reservoir. You do not have to wake up in the middle of the night to do this. Do this several times a day until the post op appointment. Expect the left and right drain output to differ over the first few days. It may be significantly different. They may be some drainage from around the drain site. If this occurs, strip the drain as there may be a clot in the drain. **BLEEDING AROUND THE DRAIN SITE IS NOT AN EMERGENCY.** Expect burning and irritation from the drains. It is not unusual for the output of the drains to drop significantly on the second or third post op day.

The **AMOUNT** and **COLOR** of your drainage from your drains is going to change **DRASTICALLY** from day to day and is **NOT** an emergency, please just keep stripping them and track the drainage until your follow up appointment.

It is **VERY COMMON** to experience pain, stinging, and discomfort when stripping your drains, this does NOT mean anything is wrong. Just keep stripping them as directed. You may even feel lightheaded or dizzy which is also normal. Lie down if this occurs.

The drain sites will be **VERY** sore, red and angry looking even. This is okay and nothing to get worried about. There is a stitch holding the drain in place, you can put some antibiotic ointment (any kind) or Vaseline on the site for comfort.

**Pain:** Take the narcotic pain medication as directed. **DO NOT TAKE TYLENOL.** After 48 hours, begin taking Ibuprofen (Motrin, Advil, Etc.) You may take 600mg every 6 hours or 800mg every 8 hours. **THIS IS STRONGLY RECOMMENDED IN CONJUNCTION WITH THE PAIN MEDICATION.**

**Constipation:** Please be aware that narcotic medication is severely constipating. Start Miralax one to two times per day after surgery. If you have not had a bowel movement in three days, take a laxative of your choice. These can be purchased at any drugstore.

**Appetite:** It is also common to not have much of an appetite. Make sure you are eating things with salt and sugar to keep your blood sugar stable and blood pressure within normal limits. If you feel dizzy or lightheaded, it's most likely because your sugar is low. The day of surgery after you are home, don't eat fast food or greasy food. Please keep your food light such as soup, broth, crackers, Gatorade, etc. You can resume normal eating the day after surgery.

**Activity:** For the first 24 hours, please keep your activity light and limit the movement of your arms. You should get out of bed and walk around. You can increase activity as tolerated on day two by walking, going out to eat, etc. Move your toes and ankles while lying in bed to keep blood flowing. **NO SHOWERING UNTIL THE DRAINS ARE REMOVED.** You may sponge bathe. Do not drive until after the post-op visit or while on pain medication.

**Follow-up:** Your appointment has been scheduled and is in your email and paperwork.

**Questions or Concerns: PLEASE CONTACT US BEFORE GOING TO THE EMERGENCY ROOM.** The ER will not know how to treat you. Most problems or questions can be managed by phone by calling the office during regular business hours (8:30am – 4:30pm). For questions regarding post op care, please call during our business hours and press option #2. You may leave a voicemail message and we will return your call.

**Paperwork:** If you have short term disability paperwork or FMLA paperwork, please give us at least 7 days to complete and return. Include start and return to work dates and if you want the paperwork returned to you or want it faxed to your employer.

If the paperwork is for short term disability, we must include on the paperwork your diagnosis and exactly what procedure you are having done. **YOUR EMPLOYER WILL DENY YOUR CLAIM WITHOUT IT.** Your employer will most likely request your operative report after surgery which explains exactly what you had done. **WE WILL NOT COMPLETE ANY DISABILITY PAPERWORK IF YOU REFUSE TO HAVE YOUR DIAGNOSIS AND PROCEDURE RELEASED!**