

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

AFTER SURGERY INSTRUCTIONS CALF AUGMENTATION

- Take your medications as prescribed. See separate page.
- Call your doctor if you notice progressive swelling (some swelling is to be expected), bleeding, or soreness, particularly if you notice the difference only on one side.
- You may drink liquids when you arrive home. Later, if you are not nauseated, you may have a light meal.
- It is necessary that you stay quiet for the next 24 hours, as excessive activity may cause bleeding to occur. Walking is OK; long walks or treadmills are NOT! Flex calves to keep blood moving and reduce clots.
- Plan on as much leg elevation above heart level as possible (day and night) for the first 2-3 weeks; Compression stockings will be worn for at least 6 weeks, with Ace bandage elastic compression wraps supplementing the stockings for 2-3 weeks after surgery. Re-wrap Ace bandages as needed.
- Sleep with your legs elevated for 2-3 weeks. This will help decrease swelling and soreness. Elevation means higher than heart level (sleeping in a recliner with footrest up is inadequate).
- ❖ You may shower in 48 hrs. **DO NOT** go in any hot tubs, tub baths, pools, or Jacuzzis until OK'd by the doctor (minimum of 3 weeks). **DO NOT** remove incision clear dressings before showering.
- ❖ You may apply dry cloth-protected ice packs to calves as desired. **DO NOT** remove compression stockings or elastic wraps—**DO NOT** apply ice directly to skin or blisters/frostbite can occur!
- ❖ **DO NOT smoke** (including second-hand smoke) or use nicotine products of any kind for 2 weeks before and after calf surgery. Nicotine increases risk of blood clots, especially in women using birth control.
- ❖ **DO NOT** lift any objects greater than five (5) lbs. for 2 weeks.
- ❖ **DO NOT** engage in any strenuous activity that involves the use of your legs for 3-4 weeks, i.e. treadmill, heavy lifting, or walking for exercise. Stairclimbing (not for exercise) is OK.
- ❖ **DO NOT** drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- ❖ **DO NOT** drive a car or operate machinery for the next 48 hours or while using pain pills.
- Someone from Minneapolis Plastic Surgery will call you this evening to inquire about your condition and answer any questions you may have.
- Do not hesitate to call the doctor's office if you have any questions about your recovery.
PHONE: 763-545-0443

I acknowledge receipt of these after-surgery instructions.

_____ (signature)

_____ (date and time)