Day of Surgery Instructions:

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you. It is important that you follow all instructions to insure that you heal properly and get the ultimate results.

- ✧ **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.

- ✧ **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.

- ✧ **Good nutrition.** Fluids are critical following surgery. Stick to cool, non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages included fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland nutritious food for the first 24 hours.

- ✧ **Do not smoke.** Smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.

- ✧ **Relax.** Do not engage in any stressful activities. Take care of no one, including yourself. Let others tend to you.

- ✧ **Refrain from direct sun exposure.**

- ✧ **Wound care may be required.** You may be instructed to remove any dressing or compression to care of wound. Do not remove any steri-strips or crusting near your stitches. Apply ointment (Bacitracin) as directed. Immediately replace any dressing or compression as directed.

- ✧ **Take medications, exactly as prescribed.** If you need a refill for your medication(s) call your pharmacy 3 days before you run out. Your pharmacy may fax us a request on your behalf to (817) 336-3306. All refills must be authorized by Dr. Gracia prior to being approved.

- ✧ **Breast Augmentations**, do NOT remove or loosen any bandages! The tape is help control swelling and to help keep the implants from moving up. Also, do NOT get the bandages wet.