



MIAMI CENTER FOR  
PLASTIC SURGERY  
Gabriel E. Salloum M.D., F.A.C.S.

## POST-OPERATIVE INSTRUCTIONS

**These are general post-operative instructions. Please follow these instructions closely.  
Discuss any difficulties, questions, or concerns with Dr. Salloum.**

1. Have an adult available to drive you home if you are having an outpatient procedure performed.
2. DO NOT stay on your own for at least 24 hours after surgery. Have a responsible adult with you at all times. This 24 hour time begins when you are discharged from the hospital whether as an outpatient or if you leave the hospital a day or two after your procedure.
3. Be careful for 24 hours. Anesthetic effects may linger for some time.
4. Avoid alcoholic beverages. This is especially true if you are taking narcotic pain medication for this can be particularly harmful.
5. Drink fluids to flush your body of anesthetic and other medication. Straws help you to ingest more volume.
6. Take your medications with some food in your stomach or you may get nauseated.
7. Start slowly with food but advance as tolerated. For the first 24 hours, soft food, bland foods, and liquids are best. (Water and crackers are not enough, and you may persistently feel weak if this is all that is eaten.) Advancing your diet appropriately will help you heal as proteins are essential for wound healing.
8. Although rare, if you get a rash, itching all over the body, throat tightness or wheezing, call the office immediately as this may be a sign of drug allergy.
9. DO NOT remove dressings unless instructed to do so.
10. Call 305-405-6910 for any significant increase in pain, fever over 101.0, redness, or swelling around incision sites.
11. Be sure to go over your prescription medications with Dr. Salloum to take specifically what is discussed as well as only the medications you are given after surgery.
12. You should have a bowel movement within one or two days after surgery. If not take an over the counter laxative. If this still doesn't help please notify Dr. Salloum. You may need a stronger medication at this point.



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- continue -

13. Limit activity for the first few days after surgery. You shouldn't do any activity that could make you sweat on the body part where surgery was performed.
14. While in bed, keep your head elevated with two pillows (and one under your shoulders) if you have had a procedure performed above the waist. A pillow under each elbow will help you stay in position. Lay on your back for the first few days (unless your procedure was performed in that area).
15. You may shower as directed by Dr. Salloum. No tub bath or submerging of your incision for THREE weeks and only briefly at first. This also includes swimming in the ocean and pool
16. Be very careful of the strong sun in Miami especially with incisions on the face. Many sunglasses don't block the UV rays and incisions may become red for prolonged periods with sun exposure. Hats are best which completely block the sun to the affected area.
17. NO SMOKING for at least THREE weeks after surgery. (Smoking will delay and possibly impair wound healing.)
18. DO NOT use a hot tub for at least ONE month.
19. AVOID strenuous activity for FOUR to SIX weeks. Check with Dr. Salloum regarding specific questions you may have about exercise.
20. You may drive when you are not longer taking narcotic pain medicine and feel strong enough to do so. Similarly, you may return to work when these criteria are met.
21. DO NOT hesitate to call Dr. Salloum. You are like family to us know and we want to ensure that you are comfortable and confident about your post-operative indications.

**For more information contact us at:**  
**[admin@miamicenterforplasticsurgery.com](mailto:admin@miamicenterforplasticsurgery.com)**