



ARMANDO J. ALFARO, M.D., FACS

PLASTIC & RECONSTRUCTIVE SURGERY

POST-OPERATIVE INSTRUCTIONS HOSPITAL SURGERY

- 1. Following your surgery a light diet is recommended. Begin taking liquids and slowly progress to soups or jell-os. You may start a regular diet the next day. Never force yourself to take solid foods initially. The most important thing is to keep up with your fluid intake.**
- 2. If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jell-o, etc... If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.**
- 3. You may be given an antibiotic or anti-nausea medication following surgery. Take these as directed.**
- 4. Strenuous activities and exercise are to be avoided for at least two weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 5 lbs should be avoided for 4 -6 weeks after surgery.**
- 5. You may resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.**
- 6. Bruising and swelling are normal and will disappear with time.**
- 7. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Please use a sunscreen with SPF 20 or greater, or Zinc Oxide for at least 6 months**
- 8. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**

