



## BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time.
- In case of scheduling changes, be available and have your phone on you day of surgery for any updates.

## SHOWERING AND AFTERCARE

- You may shower 24 hours after your surgery. Pat legs dry prior to putting your garment back on.
- Once the glue has come off you may begin scar care. For scar care, use a cotton swab with equal parts hydrogen peroxide and water or soap and water to remove any dry areas, then apply a thin layer of Bacitracin on open areas. Some providers will instruct you on Gel scar tape as well.

## SLEEP

Sleep on your back with your legs slightly elevated. After the first day, if you are more comfortable on your side, you may sleep with a pillow between your legs for comfort.

## GARMETS

Immediately after surgery, you will be fitted for a garment over your legs. This garment is to be worn 24/7 unless showering until your doctor tells you otherwise.

## DRAIN CARE

If you have drains, proper care is important. Document the date, time, and amount of drainage when emptied, and note the color. It is normal for drainage to appear blood-tinged and gradually can lighten as the days go on. The drains are sutured in and will be removed by a nurse if drainage is indicated. If your drain does not appear to be draining well or you observe clots/thickened particles in the tubing, you may “milk” the tubing to clear the line (this will be demonstrated immediately post-operatively). After emptying the bulb, ensure to squeeze the bulb prior to closing the port to activate suction.

## REMEMBER

No bending or pushing or pulling greater than 10 pounds until directed by your doctor to increase activity.

## FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

*If you have immediate concerns, please call the office at 757.873.3500.*