

MEATOPLASTY DISCHARGE INSTRUCTIONS

DRESSING/INCISION CARE

- Sutures dissolve and fall off on their own. They do not need to be removed. This can take 6-8 weeks. Slight redness and irritation is normal. Apply antibiotic ointment to incisions as needed.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- It is ok to shower the day after surgery. Soap and water to the incision, do not vigorously scrub. No submerging in tub baths, pools, hot tubs until cleared by your doctor.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid strenuous activity or heavy lifting (greater than 10-15 pounds) until cleared.
- No sexual activity for 6-8 weeks. Please consult your doctor on timing.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week. This will help clear up your urine quicker and prevent blood clots.

MEDICATIONS

- Take Tylenol (500 mg every 6 hours) as directed for any pain or discomfort.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6F, severe chills, continued nausea or vomiting
2. Severe pain that doesn't go away with pain medication
3. Increasing amount of blood in your urine or very large blood clots
4. Excessive swelling or pus-like drainage from your incision
5. Inability to urinate

FOLLOW UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).



SURGERY CENTER

Phone: (224) 612-7000

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***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.