



Post-Operative

Immediately After Surgery

1. You must come for your first postoperative visit with our staff the day after surgery.
2. Your second post-op visit will be with a surgeon within a week after your surgery.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 5 pounds for 6 weeks.
5. Do not take any aspirin-type products for 2 weeks after surgery. ONLY use the pain medication prescribed by the surgeon.
6. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
7. You are only allowed to take a single multivitamin a day.
8. **The elastic compression garment should be worn AT ALL TIMES.** You can remove it only to shower once a day and then replace it as quickly as possible.
 - a. You are allowed to shower starting 24 hours after surgery.
 - b. We recommend 2 garments so you can have a fresh/clean garment to wear while the soiled garment is being washed.
 - c. The compression garment must be worn 24/7 for 6 weeks after surgery.
 - d. After 6 weeks, it is worn at night for an additional 6 months.
9. Your drain must be emptied every 4 hours. The drain is typically removed within 5-7 days after your surgery.
10. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
11. You should rest quietly and comfortably for the first 24 hours after surgery.
12. Please limit ALL activities for the first week following your procedure.
13. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least 5 times a day and walk.
14. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
15. You are only allowed to shower for the first 30 days after surgery. You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.

Medication indications:

You may begin taking your prescribed pain medication, antibiotics and nausea medication immediately after your surgery.

Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. Do not drive while taking narcotic pain medication, once you have finished taking your medication, or no longer need it you may begin driving once again.
3. No smoking is allowed 4 weeks before and 4 weeks after surgery. Hopefully you do not smoke at all.
4. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
5. It is **NORMAL** to have bruising and swelling to the surgical area. This will gradually improve over several weeks.
6. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.
7. These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

For **optimal scarring results** Dr. Zuriarrain recommends that you please purchase our **Silagen Scar Therapy System**, and begin using 2 weeks post operatively. Please ask one of our Staff members for more details.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take you temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

What is a seroma?

A seroma is a collection of fluid that builds up under the surface of your skin.

What causes a seroma?

A seroma is caused by an accumulation of excess body fluid after surgery. This typically occurs weeks after the operation. This fluid is produced by your body during the healing process. If your body is unable to absorb the extra fluid that is produced, then the fluid accumulates and causes a seroma.

Can they be prevented?

Although the surgical team does make an effort to minimize the risks of developing a seroma by placing drainage tubes and advising patients to wear compression garments, it is not a guarantee that a seroma will not form.

How often do they occur?

Seromas have an incidence of up to a 38% in all surgical patients.

What are the most common types of surgeries that result in a seroma?

Body contouring (ex: liposuction of the abdomen, arms, thighs, etc.), mastectomy, hernia repair and abdominoplasty procedures

How do you know if you have a seroma?

Typically, after a week or more after surgery you can begin to feel excess fluid when touching your abdomen. This feeling of water in the abdominal tissue is known as a “fluid wave”. Literally when you press down on the abdominal skin you will feel the liquid beneath which can produce a wave-like motion. Seromas are rarely painful.

How are seromas treated?

Minor, small seromas do not always require medical treatment. This is because the bodies lymphatic system naturally reabsorbs the fluid in a few weeks or months. However, medical intervention is needed for large, expanding or painful seromas. To do this, the doctor will insert a needle into the seroma and drain the fluid with a syringe. This is known as percutaneous drainage and must be performed multiple times in order to drain the excess fluid. If percutaneous drainage is not effective, then a physical drain would need to be inserted.

When to seek emergency medical help?

A fever that exceeds 102 °F, increasing redness around the incision site, rapidly increasing swelling, increasing pain, warm skin on or around the incision, rapid heart rate or difficulty breathing.

Please keep in mind that we do everything in our hands to prevent the formation of a seroma. Unfortunately, guaranteeing that a seroma will not happen is impossible. If during your post-operative process, you begin to develop a seroma you should call our office immediately. If you are an out of state patient, this may require that you return to Miami for treatment or have a local physician near you evaluate and treat the seroma.

In case of emergencies:

For any after-hour **emergencies** please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

1. Baptist Hospital
8900 North Kendall
Miami, FL 33176
786-596-1960
2. South Miami Hospital
6200 SW 73 Street
South Miami, FL 33143
786-662-4000
3. Larkin Hospital
7031 SW 62nd Avenue
South Miami, FL 33143
(305) 284-7500