

General: You can expect to need 1 week(s) off from work.

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. Patients must be non-smokers. If you are a smoker you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
3. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store.
4. You must have someone drive you to and from your surgery. You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
5. Dr. Wilson will prescribe you your pain medication the day of the procedure. Rarely will you need narcotic pain medications for this procedure. Start a stool softener the day before surgery to prevent constipation from anesthesia and narcotic pain medication. Continue to take stool softener until you stop narcotic pain medication.
6. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of water. Shower the morning of surgery making sure there are no traces of makeup left on your skin. Do not apply body lotion, moisturizer or anything to your face the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front.
7. If you have hair long enough, please place your hair in a tight ponytail the day of your surgery.

Post Operative: First 48 Hours

1. Notify Dr. Wilson if you have any increased bruising or asymmetrical swelling. This may be a sign of bleeding.
2. Take pain medications as prescribed. Only take the medications as needed. Do not take ibuprofen, aspirin or Aleve.
3. Do not use ice unless specifically instructed by Dr. Wilson or his staff. Do not apply pressure to the sites that are grafted.
4. Wear your post operative garment for one week. You can remove it in 48 hours after surgery to quickly shower but should then replace. It is normal to have significant bruising at the donor and recipient sites.
5. It is normal to have drainage from the harvesting sites. Keep the sites covered for the first 48 hours. You may use menstrual pads to collect any drainage.
6. Resume a regular diet. If the first night you do not feel up to eating, be sure you take in plenty of fluids. Do not take medications on an empty stomach. If you do not have an appetite, you may drink ensure drinks to be sure you are getting enough protein.

Post Operative: 2 days to 2 weeks

1. Your stitches will dissolve they will not need to be removed. Place bacitracin ointment on the site until the stitches all dissolve. You can shower 48 hours after your surgery. Do not scrub or soak incisions. Let soapy water gently glide over sites.
2. Resume a regular complete diet.
3. Refrain from exercise for two weeks at which point you can start light activities. No heavy exercise for six weeks.
4. You can resume your Aspirin and other medications associated with bleeding risk one week after your procedure.
5. Wear your garment religiously for the first two weeks. This means 24 hours a day. Then at two weeks you can wear your garment 12 hours a day for the



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- next three months. It is normal for swelling to ebb and flow for up to six months. Make sure your garment is always snug.
6. We suggest that you purchase several garments to have on hand. You likely need two of the stage one garments (wearing one while the other is washed); and two of the stage two garments. You may purchase step down post operative garments from Marena or Clear Point Compression to aid in reducing swelling.
 7. Do not hesitate to call the office with any questions.

In case of an emergency please contact the office at 603-294-4526.