



DES MOINES  
PLASTIC  
SURGERY  
DAVID ROBBINS, M.D.

## Aveli Post-Op Instructions

1. Arrange to have someone drive you to and from your procedure if you will be receiving oral sedation.
2. You may shower in 24 hours. Remove any gauze and bandages that are covering your insertion sites. If you are still experiencing drainage from insertion sites apply gauze or bandages as needed. Keep insertion sites clean and dry.
3. Wear compressive clothing at all times for the first week and then as much as possible during the second week to help reduce bruising and swelling.
4. Expect bruising, drainage, and swelling. The bruising may last 2-4 weeks. The drainage may be heavy at times but will subside in 24-48 hours. Place towels on furniture to help absorb any excess drainage.
5. The swelling may feel “lumpy and doughy.” These swollen areas need vigorous deep tissue massaging starting one-week post-op and continue for a few months or until the area is smooth. You can use hand lotion, a handheld massager, or a massage therapist to massage these areas if you choose. Your clothing may also fit snug for a few weeks after your procedure until all the swelling goes down. This is a gradual process and may take 6 months for swelling to resolve.
6. You may experience **mild pain** for 3-5 days. You can take OTC Tylenol as directed on the bottle for pain relief for the first 24 hours. Do not exceed 3,000mg of Tylenol in a 24-hour period. After 24 hours, you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food. Do not exceed 3,200mg of Ibuprofen/Advil/Motrin in a 24-hour period. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease.
7. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well-balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.**
8. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. You may resume normal activities as you feel able. Avoid strenuous physical activity for the first 14 days.
9. **\*\*\* Please have whoever is caring for you read these instructions\*\*\***

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.