



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

CALF AUGMENTATION HOME INSTRUCTIONS

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- Take it easy and do not schedule any significant activities for the first 2-3 weeks.
- Weight lifting, jogging, high impact aerobics and vigorous leg activities should be avoided for 3-4 weeks.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.
- You must use a walker for any ambulation for 3 weeks
- ***Keep your legs elevated as much as possible!***

MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You MUST continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

WOUND CARE

- ***Do not smoke!***
- Do not remove the dressing – your first dressing change will be done in the office tomorrow.
- Change the dressing daily with sterile gauze pads over the incision and around the drains – cover with ace wrap from foot to above knee.
- Empty the drains every 12 hours and record the amount. The drainage bulb must be recompressed after emptying to maintain suction of drainage from the incision.
- You may have some bloody discharge around the drain tube. You may reinforce the dressing with gauze as needed.
- You may NOT shower until the drains are removed.
- Replace the ace wraps daily, and keep them on at all times except for dressing changes.

PROBLEMS

Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- A change in the appearance of your calves (i.e. if one suddenly appears larger, more painful, or if excessive bruising or hardness is noted).
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

SPECIAL INSTRUCTIONS _____

FOLLOW-UP

- Please call today to schedule your post-operative appointment for tomorrow _____ (unless previously scheduled)