

Postoperative Instructions For Dr. Momtazi's Lymphovenous Bypass Patients

These instructions are designed to help you care for your lymphovenous bypass and obtain the best possible results.

Dressings

- Two days after your surgery, remove all of your dressings (all tape and gauze)
- The Steri-Strips (white stickers), which have been applied directly over your incisions, can remain in place
- Bruising and swelling to your chest and armpit is completely normal and expected

Showers

- Gently wash all of your skin, including the area where you had your surgery, daily using mild soap and water
- Any soap is ok, but avoid fragrances
- It is safe to shower with your drain in place
- Do not avoid washing the area where you had surgery; it is safe to do so
- Do not use alcohol or peroxide to clean your skin
- After washing, pat all areas dry and leave open to air
- If you wish to cover the area, you may reapply a light gauze dressing
- Do not apply creams, moisturizers, oils, or other products on or near where you had your surgery

Drains

- Keep track of how much fluid is coming out of your drain; you will be shown how to do this
- Drains are removed when the output is less than 20 mls in 24 hours for two days in a row
- Do not let anyone remove your drain without speaking to Dr. Momtazi first

Pain

- Pain to the area where you had your surgery is normal and expected
- This pain should improve over several days
- For pain relief, take Tylenol (acetaminophen) and Advil (ibuprofen) together (unless otherwise directed)
- If additional pain relief is required, please add the prescription pain medication you have been given to the Tylenol and Advil regimen you are already taking

Activity

- No strenuous activity (nothing that will increase your blood pressure) for 4 weeks minimum
- No lifting greater than 5 pounds for 4 weeks minimum
- Activities such as showering, cooking and moving around your home are ok

Follow up

- Dr. Momtazi will see you in follow up on _____

Questions

- If you have any questions about your lymphovenous bypass please call our office (613) 737-8899 ext. 73480
- We are available Monday to Friday from 8:00 AM to 3:00 PM

Urgent concerns/emergencies

- For urgent or emergent concerns outside of regular office hours, please call (613) 737-8899
- Tell the operator that you are Dr. Momtazi's patient and ask to speak with the plastic surgeon on call



DR. MOEIN MOMTAZI