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Aesthetic Plastic and Reconstructive Surgery
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CALF IMPLANT POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on bottles. If you are taking pain medications that make you feel drowsy, have someone else give you your medications according to the proper time intervals. Under such circumstances you could forget and take them too often.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.

Call the office if you are having any of the following:

1. Severe pain not responding to pain medication.
2. Fever over 100 degrees F.
3. Excessive bleeding.
4. Excessive swelling (expect some moderate swelling).
5. More swelling and/or pain on one side than the other.
6. Other questions or problems.

Additional Instructions

1. Avoid smoking for 48 hours after your surgery.
2. You may drive a care after 4-5 days if you are no longer taking pain medication.
3. Platform shoes to provide plantar extension (as discussed with Dr. Sheffield). Bending knees slightly will help with the discomfort.

2 - Calf Implant

4. You will be wearing ace wraps for 3-5 days, then you will transition to a compression garment.
5. Apply A & D ointment or Aquaphor and Band-Aids once a day.
6. No sports or strenuous activities, including exercise walking for 3 weeks.

Follow up visits:

1st Visit: Usually the next day after surgery.

2nd Visit: 7 days after surgery for suture removal.

3rd Visit: 3 weeks after surgery.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Post operative photographs must be taken during one of these visits.