



MOBLEY MD

Facial Plastic Surgery
Skin Care & Aesthetics



Look GREAT
Feel GREAT

MoblelyMD.com



General Post-Operative Instructions

Clinic Phone Number: 801-449-9993

1. Post-operative care:

2. **Immediately after your surgery-** Go to

www.MoblelyMD.com/care. There is a post-op care video(s) for you to watch to show you how to care for your fresh stitches. Begin this care when you are told to do so by Dr. Mobley- most often the first night.

3. **How you should expect to feel after surgery:**

- General anesthesia can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself hydrated with water, 7-Up, Gatorade, or other sport drinks. Eat a bland diet (saltine crackers and broth for starters).
- If the nausea is intense, use the anti-nausea medication prescribed to you. In general, only one out of 8–10 patients needs to use this medication but we recommend that you fill the prescription just in case you need it after pharmacies have closed.
- After surgery you will have some pain and discomfort, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only).
- **Escalating, severe pain is not typical and should be addressed.**
- You will have swelling, which is common after surgery. You are able to use ice for 20 minutes on and 20 minutes off. Swelling usually peaks at day 3, and usually subsides after that. It is not uncommon for some minor swelling to last 2-5 weeks after surgery. The healing process is different for each patient.
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two is usually all that is needed. Sleeping while sitting up is not necessary.

4. **Pain Management:**

- Dr. Mobley will prescribe a narcotic to help control your pain after surgery. The medical assistant will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let us know in advance so we can give you the right pain medication.**
- **Tylenol is the ONLY over the counter pain medication you are able to take after surgery for seven days.**
- Common side effects of narcotics include:
 - Constipation: Take stool softeners (MiraLAX), increase fluids, walk more.
 - Nausea: Decrease narcotics, use a suppository, and take medication with food.

- Loss of appetite: This will improve over time and once you stop taking the narcotic.
- Sleepiness: This will improve once you stop taking the narcotics.
- You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

5. **Activity/Exercise:**

- Following your surgery, NO strenuous activity or exercise should be performed for the first week.
- **Light mobility is encouraged and is vital to your recovery. Take short frequent walks around your house to decrease the chances of any complications, to avoid developing a leg blood clot, and to maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery, you can begin to increase your activity by 15% each day. By the 14th day following surgery, you should be back to your normal activities.

6. **Return to work or school:**

- In most cases you will be able to return to work within 7-10 days from your surgery. The healing process is different for each patient so this can be discussed at one of your post-op appointments. A Return to Work/School form can be given to you at that time.

ON-CALL POLICY

Dr. Mobley is in solo private practice. This arrangement ensures many benefits for patients, such as a very customized office surgical experience. Every effort is made to be available to patients as much as is humanly and reasonably possible but no one doctor could himself be available to every patient 24 hours a day, 365 days per year. Dr. Mobley maintains several on-call relationships with doctors in the valley including Scott Haupt, MD, John Bitner, MD, Scott Thompson, MD, Lucy Barr, MD and Rick Aoki, MD. Dr. Mobley is also a member of St. Marks Hospital where fellow Facial Plastic Surgeon Dr. Randal Swenson is affiliated. Dr. Mobley is also a clinical adjunct Asst. Professor of Surgery at the University of Utah Hospital and has a close relationship with P. Daniel Ward, MD.

If you were to experience a serious concern after business hours or on the weekend, you should first try contacting Dr. Mobley. In most cases, he will be able to assist you via his cell phone but if he is out of town and you need to be seen in person, it is very likely that one of the doctors mentioned above would be available to assist in your care. The after hours "emergency" number is 801-989-7407. After that, your options would include going to the emergency rooms of St. Mark's Hospital, or the University of Utah Hospital, all of which should have an otolaryngologist and/or a plastic/facial plastic surgeon on call who can provide proper emergency / urgent medical care. If your home is more than a few hours from Salt Lake City, you may wish to contact a local ENT surgeon or facial/plastic surgeon rather than traveling to Salt Lake City.

IN THE CASE OF A LIFE-THREATENING EMERGENCY, YOU SHOULD PROCEED DIRECTLY TO THE NEAREST EMERGENCY ROOM RATHER THAN TRYING TO CONTACT DR. MOBLEY OR ANY OF HIS ASSOCIATES AND THEREBY DELAYING TREATMENT.

With over a decade of experience, Dr. Mobley has found that true on-call emergencies are fortunately few and far between. The purpose of this policy is to inform you that every effort will

be made to connect you with Dr. Mobley in the rare event of a true on-call emergency. If Dr. Mobley is unavailable, you should have confidence knowing that there are several different options for you to pursue, including seeking care in an emergency room. The chances of any one patient needing this care are quite small but in healthcare there is no such thing as zero risk, so we provide this information to you with full transparency.



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