



TAROLA PLASTIC SURGERY

NICHOLAS A. TAROLA, MD

Calf Augmentation

Keep the dressing in place. It will be removed in the office 1-2 days after surgery.

Keep your legs elevated continuously for 12 hours following surgery with the exception of using the bathroom. Walk with assistance, or with crutches, for the first 1-2 postoperative days until able to ambulate comfortably on your own.

Limit your activities and do not perform any strenuous activities for 2-3 weeks following surgery. Such activities include weight lifting, jogging, high impact aerobics and vigorous leg exercises.

Your legs will be wrapped in an ACE bandage for one week following surgery, in addition to antiembolic stockings which will be worn for a total of six weeks.

Keep your legs elevated as much as possible.

You may shower after your wrap is removed. Leave tapes in place. Pat tapes dry after your shower.

Wear a soft cup or sports bra for 4 weeks after your surgery. You may re-wrap yourself in ace wrap if it is more comfortable until seen at your first post-operative visit.

Do not smoke for at least 14 days following surgery. **Do not drink alcohol** while taking prescription medications.

Do not drive for at least 2 days following surgery or while taking prescription medications.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Numbness or tingling in the foot or toes**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**
- **A severely misshapen calf or bruising that is localized to one calf**

Remember to use sunscreen when incisions are exposed to the sun for at least one year.

Please also refer to General PostOp and Incision Care instructions.