



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

Calf Augmentation

Remain in bed for 12 hours following surgery with legs elevated above chest level. You may use bathroom as needed.

You may walk with assistance for the first 48 hours following surgery. Gradually resume full weight bearing as tolerated.

Wear the anti-embolic compression stocking for 6 weeks.

You may shower in 24-48 hours after surgery. Replace compression stockings after showering.

No heavy lifting for 4 weeks after surgery (no more than 10lbs.). You may resume light normal activities in 1 week. Avoid vigorous activities for 4 weeks.

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**
- **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 leg**

Try to sleep on your back with legs elevated for one week following surgery to help reduce swelling and keep your implants stay in the correct position.

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