

# Sitting Protocol

## Post-Operative Instructions

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Patient needs clearance from surgeon before they begin sitting protocol.

### What are my instructions for sitting after surgery?

1. **First Day:** Begin sitting 15 minutes 3 times per day. These time periods may not be added together to form 45 minutes once a day.
2. **Second Day:** If there is no redness of the incision or flap, the patient may increase sitting to 30 minutes 3 times per day.
3. **Third Day:** If there is not redness of the incision or flap, the patient may increase sitting to 45 minutes 3 times per day.
4. **Fourth Day:** If there is no redness of the incision or flap, the patient may increase sitting to 60 minutes 3 times per day.
5. **Fifth Day:** If there is no redness of the incision or flap, the patient may keep advancing the amount of sitting time until they reach 2 hours 3 times per day. **Do not advance beyond 2 hours at a time.**

### What are my instructions for transportation?

Patient is to hold at 2 hours 3 times per day until seen back in the Plastic Surgery clinic. Patient may come to clinic in a wheelchair if he/she has a round trip car ride equal to 2 hours. If longer, the patient needs to come in by ambulance or a van in which he/she can lie down with non-weight bearing to the wound or incision.

### Who should I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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