

ABDOMINOPLASTY

Pre & Post Operative Information Sheet

PRELIMINARY

1. **NO ASPIRIN** or medicine containing aspirin* for 2 weeks prior to surgery because it interferes with normal blood clotting. (*i.e., No Advil, Alkaseltzer, Anacin, Ascriptin, BC, Bufferin, Coricidin, Darvon Compound, Fiorinol, Dristan, Empirin, Excedrin, Midol, Motrin, Percodan, Sine-Aid, Sine-Off, Triaminicin, Vanquish, etc. If in doubt, check with us.) If needed, you may take Tylenol.
2. Smokers **MUST STOP SMOKING** for 2 weeks prior to surgery and 4 weeks after surgery to reduce complications caused by smoking.
3. Report any signs of cold, infection, boils or pustules appearing 1 week before surgery.
4. You must arrange for a responsible adult to drive you to your home or hotel and stay with you the rest of the day and the first night.
5. **NO ALCOHOLIC** beverages for 1 week before surgery or while taking medications after surgery.
6. If you have any questions regarding the upcoming surgery, please do not hesitate to call the office between 8 a.m. and 5 p.m.
7. You will be given a slip for lab work (possibly EKG & Chest x-ray) at your second consult. You will be instructed on WHEN and WHERE to have these done. (approx. one to two weeks prior to surgery.)
8. You will need to purchase one binder and one girdle that are very snug to cover your surgical area and are crotchless.

NIGHT BEFORE SURGERY

1. Shower using the PhisoHex, as directed. Do not use creams or lotions on affected area after bathing.
2. **ABSOLUTELY** no eating or drinking after midnight the night before surgery!

MORNING OF SURGERY

1. No make-up, jewelry or fingernail polish.
2. Do not take any medications without checking with us before surgery.
3. Bring a housecoat or bathrobe that buttons in the front, so that it is easy to put on.
4. **YOU MUST** have a responsible adult to drive you home after surgery. Upon arrival to the office, give us the name and phone number of your driver and where you will be staying the night of surgery. Have this person read these instructions as well. Additional instructions may be given to this person when they take you home.

ABDOMINOPLASTY

Pre & Post Operative Information Sheet

(Continued)

AFTER YOUR SURGERY

1. No exercise for 6 weeks after surgery.
2. Leave the binder/girdle on until your follow-up visit with the Doctor. After that you may remove it long enough to shower (with doctor approval), then replace it. You will need to wear your girdle night and day, except for bathing, for four to six weeks.
3. When taking pain medicine, have assistance when walking to bathroom.
4. Take medications according to instructions on the bottle. Avoid taking pain medication and antibiotics on an empty stomach.
5. No hot or warm compresses.
6. When getting out of bed: roll on your side, swing your legs over the side first, then use the weight of your legs to get upper body up.
7. When standing or walking, stay in a slightly bent position to relieve tension on the surgical site.
8. When lying in bed, have the pillows under your knees and at least two pillows behind the head and back.
9. **THINGS TO EXPECT:**
 - a) moderate discomfort - use pain medication as ordered.
 - b) moderate swelling
 - c) bruising
 - d) slight signs of blood on the bandages.
 - e) fatigue

CALL US IF YOU HAVE:

- a) severe pain not responding to pain medications
 - b) marked swelling, or obviously more swelling on one side
 - c) excessive bleeding
10. Avoid smoking for 4 weeks after your operation to prevent coughing and possible bleeding and to promote healing.
 11. **NO** alcohol for 4 days after surgery.
 12. Avoid sports and strenuous activities for 4-6 weeks.
 13. No driving for one week or while taking pain medication.
 14. Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing process.