

PREPARATIONS FOR YOUR ABDOMINOPLASTY SURGERY

Please note: For this type of surgery, it is the doctor's recommendation that you should post pone surgery until you are finished having children.

TWO WEEKS BEFORE YOUR SURGERY

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. **Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet).** If you have been prescribed a blood thinning medication or aspirin, please consult your prescribing physician before stopping them for surgery. **DO NOT STOP ASPIRIN IF YOU HAVE A STENT IN PLACE.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

Have your labs drawn at an OSU lab. The order has been placed in the computer

Fill your prescriptions before your surgery. Don't bring them to surgery.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).

THE EVENING BEFORE YOUR SURGERY

Get a good night's rest.

Make some jello and/or soup for after your surgery.

You will be provided with anti-bacterial surgical wash to use the night before surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.

Do not eat or drink anything after midnight the night before surgery.

MORNING OF SURGERY

Use the anti-bacterial surgical wash to use the night before surgery. Armpits, groin, and breast surgical area need to be washed, rinsed thoroughly, and dried.

Do not wear contact lenses, hairpieces or hairpins. No nailpolish, lotion or creams. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

After your surgery:

Leave compression garment/ binder on and keep it clean and dry. It should be snug and not painful and should lay flat without any creases. In 48 hrs you may remove the garment and shower.

Wear garment continuously for 6 weeks, except when showering.

Expect bruising & swelling to be present. The swelling gets worse for 4-5 days, then it begins to resolve. You may have swelling for up to 6 weeks.

Bruising "blossoms" for about 3 days.

You may want to sleep in a recliner or with pillows under your knees.

If you have drains in strip them several times a day, empty drain bulbs at least twice a day and record them on your sheet provided- you will need to bring them to the post-op appointment. Your doctor will remove them in the office.

Your incisions will be closed using dissolvable stitches and Dermabond surgical glue.

You can shower the next day or wait until day 2 if you'd like. Let the warm soapy water run over your incisions. If you have drains, you will need to secure them to a string around your neck or lanyard.

No swimming or hot tubs until cleared by the doctor.

Rest for 48 hrs. We do want you to get up and move. Walking is encouraged, at least 5 x's a day. Bathroom, kitchen, ect. You may begin exercising in 6 weeks & after cleared by the doctor

Take deep breaths frequently after surgery. 4-5 every commercial break on TV or 10 x's an hour.

Eat a high protein , low salt diet. Drink at least 4-8 ozs of fluid an hour while awake. Water, Gatorade, tea, and low sugar juices are recommended.

Take your medications as prescribed. Use pain medication if needed. They can be nauseating so take with food. Otherwise take Tylenol. Do not take Tylenol in addition to your pain medication as it already contains it. Ibuprofen/Advil or Aleve can be used week 2.

Take a stool softener or laxative as needed to prevent constipation .

Take xanax for anxiety **as needed** & ambien for sleep **as needed**. Do not take at the same time or with narcotic pain medications.

You cannot drive or operate machinery while taking pain medication or have drains in. You must be able to operate the car safely.