

## **ABDOMINOPLASTY INSTRUCTIONS**

### BEFORE YOUR SURGERY:

- No aspirin or medications containing ibuprofen for two weeks before and two weeks after surgery since it interferes with normal blood clotting. If needed, use Tylenol/acetaminophen products. If in doubt, check with your pharmacist or physician.
- Smoking must be discontinued at least two weeks prior to surgery, as tobacco use interferes with healing and is bad for your general health. Coughing during the post-operative period increases the risks of significant bleeding.
- Report signs of cold, infection, boils, or pustules that develop before surgery.
- Arrange for someone to drive you home. We will need a phone number for him or her because pick-up times may vary.
- Shower the night before and the morning of surgery.
- Nothing to eat or drink after midnight the night before surgery.

### DAY OF SURGERY:

- Please DO NOT wear any jewelry. Wedding rings are ok.
- Do not take any medications of any kind, unless instructed to by your physician. Pre-operative medications will be given to you upon arrival.
- Bring any prescriptions that were given to you before surgery with you on the morning of your surgery.
- Wear comfortable, loose fitting clothing e.g. shirts that button down the front.
- You MUST have someone drive you home after surgery. Upon arrival at the clinic, give the nursing staff your driver's name and phone number, as well as the address and phone number where you will be the night after surgery.
- You MUST have someone spend the night with you. Additional instructions and prescriptions will be given to the person caring for you. Prescriptions must be filled promptly.
- Do not drive or operate any mechanical tools or devices while taking narcotic pain medications.

### AFTER YOUR SURGERY:

- Bed rest for 48 hours after your surgery. You may need assistance when using the restroom.
- Take medications according to the directions on the bottle. If you are taking strong narcotic or pain medications, you may feel "spacey" or drowsy. Have someone else give you your pain medications according to the proper instructions. Under the circumstances, you could forget and take them too often.
- The period of greatest discomfort is the first 24-48 hours. Thereafter you may find that you need less pain medication.
- Call (425) 228-3187 or after clinic hours (425) 251-1506 if you have:
  - Severe pain not responding to pain medication.
  - If any questions or problems arise. If urgent, dial 911.
- Do not smoke for 2 weeks after your operation to prevent coughing and possible bleeding.
- No alcohol for 4 days after your surgery. Do not drink alcohol while taking pain medication.
- You may sleep on your back with pillows under your knees.
- If you have drains, information on how to care for them will be given to you. Shower **after** your drains have been removed.
- A stool softener or mild laxative may be helpful in the post-operative period. Be sure to drink plenty of water.
- Strenuous exercise such as golf, tennis and swimming may be resumed 8 weeks after surgery.
- The scars will begin to fade after 12 months.
- You may be fitted with an abdominal binder. Wear this 24 hours a day until otherwise instructed.