



## THE PRE-OPERATIVE SESSION™ PRE-OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

---

**Please watch the following videos, which correspond with the instructions below:**

- Pre- and post-op instructions for body surgeries <https://youtu.be/sqSs7Nifirs>
- Instructions for tummy tuck surgery <https://youtu.be/hBeJPxVc484>
- JP drain maintenance <https://youtu.be/gp0FTvZRbV0>

### **FOUR WEEKS BEFORE AND AFTER SURGERY:**

- You will need to refrain from all nicotine products, including cigarettes, pipe tobacco, chew or “the patch.” Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complications when receiving anesthesia.

### **THREE WEEKS BEFORE SURGERY:**

- Based on your individualized assessment, we may request for laboratory tests and/or EKG. If you are having testing at a lab other than the one we suggested, you are responsible for having the hard copy results arrive at our office one full week before surgery (our fax number is 585-271-4786).
- A mammogram done within the past year is required for any female at or over the age of 35 for any type of breast surgery.
- **SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.**
- All fees are due, including surgical, facility and anesthesia.

### **TWO WEEKS BEFORE SURGERY:**

- We ask that you do not take any products that “thin the blood” in order to minimize bleeding during and after surgery. For example, avoid products containing aspirin, ibuprofen (Advil, Motrin, Aleve), non-steroidal anti-inflammatory medication or Vitamin E. However, Tylenol is acceptable. Many herbal supplements and vitamins found over the counter may also increase bleeding risk. For this reason, we ask that you provide the names of all prescription and over the counter products you use or take. At your pre-operative visit, we will instruct you on when to restart these products.
- If your destination after surgery is more than 30 minutes from the Lindsay House Surgery Center, you must make arrangements to stay in a hotel or at the Carriage House on the night following surgery. A list of hotels can be obtained from our patient care coordinator.

### **ONE WEEK BEFORE SURGERY:**

- Do not drink alcohol.

- Please ensure that all required laboratory tests and/or imaging have been completed by this time. Our fax number is 585-271-4786.
- Please stop applying self-tanner if used.

#### **THE DAY BEFORE SURGERY:**

- The Surgery Center will call you after noon to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** (This includes water and gum chewing). Surgery may be cancelled if this is not followed. A fasting state is required in order to receive sedation for surgery, unless you are instructed to take a specific medication with a small sip of water the morning of surgery.

#### **DAY OF SURGERY:**

- Go to Suite 101 (Lindsay House Surgery Center).
- You may shower and shampoo the morning of surgery.
- Do not wear makeup or use hair sprays/gels.
- **NO ACRYLIC NAILS OR NAIL POLISH (INCLUDING GEL/POWDER). NO EYELASH EXTENSIONS OR MASCARA (flammable).**
- Do not wear contact lenses. Glasses are ok to wear.
- Avoid clothing that must be pulled over the head. Wear loose fitting clothing (button down or zip up).
- If you wear dentures, please leave them in place.
- Do not wear jewelry (including body jewelry) or bring valuables to surgery.
- If you have your menses, please wear a feminine napkin not a tampon.

## GENERAL POST-OPERATIVE INSTRUCTIONS

---

- **A responsible adult must provide transportation for you after surgery (public transportation is not permissible). He/she must stay with you overnight and after surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.**
- Avoid making major decisions or participating in activities that require judgment for 24 hours.
- Take all medications as instructed.
- Do not drive for the first 24 hours after surgery or while you are taking narcotics. Full clearance to drive will be based on procedure and your surgeon's instruction.
- Do not consume alcohol for **1 week** after surgery or while taking narcotics
- At your pre-op visit, you will receive an incentive spirometer, which is a breathing device that will help you take slow, deep breaths to expand and fill your lungs with air. This will prevent post-operative lung complications, such as pneumonia and atelectasis (lung collapse). You should use your incentive spirometer **10 times every hour** while awake for the first few days after surgery.
- Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body's reaction to surgical trauma. The Tylenol you take post operatively (either alone or in your pain medication) should control mild fevers. If the temperature is over 101, most of the time the cause is not walking or doing the incentive spirometry breathing treatments enough. Call us if your temperature stays higher than 101.5 for more than 4 hours and does not respond to walking, deep breathing and coughing
- Drink plenty of fluids (8-10 glasses/day) for the first couple of weeks after surgery as this will help you to remain well hydrated and reduce swelling.
- Staying well hydrated will help prevent post-operative constipation. It is common not to have a bowel movement for 2-5 days after surgery due to slower motility of the gastrointestinal system. This is usually due to the medications you receive during surgery as well as post-operative pain medication. In addition to drinking plenty of water, take Colace (a stool softener recommended at your pre-op visit) and taper pain medication as soon as possible. Occasionally, a stronger medication for constipation, such as Dulcolax tablets or Magnesium Citrate may be necessary.
- If you have not urinated after 6 hours of being home from surgery, please contact our office.
- If you are wearing a compression garment, using a funnel to direct urine flow may help keep the garment dry.
- Limit your activities for the first 24 hours after surgery as you may feel tired for the first few days. Walk for short distances during the first 24 hours after surgery to promote blood flow in the lower body and prevent blood clots. In order to further prevent blood clot formation, we encourage you to pump legs while lying down. You will also be given supportive stockings the day of surgery, which you should wear consistently for 1 week after surgery.
- You will have physical activity restrictions post operatively, which includes exercise and sexual activity. Return to physical activity will depend on the type of surgery you are having done and will be further discussed with your surgeon.
- During the first few weeks following surgery it is common to weigh more than before surgery due to swelling and extra fluid. This will resolve over time.
- No swimming or hot tub usage for at least **2 weeks** after surgery – this may also be further discussed with your surgeon
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with an SPF of 20 or greater to help decrease the visibility of the scar.

## POST-OPERATIVE CARE FOR ABDOMINOPLASTY

---

- You will wake from surgery wearing a compression garment. This is to be worn continuously until your first shower. On post-operative **day 4**, you may remove the garment to shower. **Patients have reported passing out when taking their garments off or during their shower. Please have adult supervision/significant other present to ensure your safety.** Hydrating yourself and removing your garment slowly are important to decrease the likelihood of this occurring.
- After showering, a garment must be placed back on and worn for **6 weeks**. You may want to use a funnel to direct the flow of urine when voiding to keep the garment as clean as possible.
- After surgery you will have **2 drains** at the surgical site which exit the garment at the pubic area. Drains help to remove excess fluid from the abdomen. The amount of drainage will determine how long the drains will be left in place. Typically, both drains are removed on post-operative day 8. Follow the separate instruction sheet on documenting drainage.
- Your surgeon will either place a long acting local anesthetic into your tissues for pain or will use a pain pump. The pump works on its own and requires no patient responsibility. This is usually complete after 3 days and will be removed in the office.
- You may change the absorbent gauze pads that are placed at the surgical site as needed to help keep the incision clean and dry. Extra gauze placed over the drain insertion site will aid in comfort.
- Steri-strips will cover your incisions. If they get wet from showering, you may dry them by using a blow dryer (cool setting). Leave tapes in place as they will fall off on their own.
- Swelling will increase for the first 4 days after surgery and then slowly resolve over the next 3 months. There may also be bruising of the abdominal area and any area below this such as the labia or in men, the scrotum, or on the legs. This may take up to 3 weeks to improve. The newly tightened areas will also be temporarily numb. **Do not apply ice packs or heating pads** to this area to prevent damage to the tissue.
- You may notice bloody drainage from your lower back area. This is from the liposuction and usually resolves within 24 hours.
- Resume activities slowly as you will feel tired for the first few days. Walking for short distances is fine and encouraged. You will walk slightly bent forward for the first week but will return to normal posture by week 2. Keep your hips flexed and head elevated while in bed for the first week or so to prevent excess tension at the surgical site.
- Some patients will be prescribed Lovenox, a blood thinner, to prevent blood clots. Abdominoplasty carries a higher risk of blood clots than other surgeries and we are very committed to prevention. This medication will start on post-operative day 1 after being seen in the office. Stop this medication immediately, if you experience any unusual bleeding and call your surgeon. If you are not a candidate for this medication, you are at lower risk but it is **extremely** important to take short walks every 1-2 hours and keep pumping your ankles while in bed in the recovery period.
- No exercising for 3 weeks except for walking.

- Avoid heavy lifting (over 25#), bending and straining for **6 weeks**. You may resume all activity after six weeks after being cleared by your surgeon.
- In order to further reduce visibility of scar/aid in the healing process, you may start using a scar gel about 3 weeks post-operatively after the steris have fallen off. We highly recommend a silicone based scar gel (such as Silagen), a medical grade silicone gel that is massaged onto the incisions. This is available for purchase in the clinic.
- Dissolvable sutures are used, and it takes approximately 3 months for them to dissolve. You may see them try to poke out of your incision. They may become irritated; however, this is normal. Call the office to have them removed.
- Expect your abdomen to be swollen at the end of the day for up to 6 months. It can take up to a year to see your final results.

**CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:**

- Fever of 101 degrees or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding, and or/foul smelling drainage from an incision site
- **Significant** asymmetrical swelling, drainage, or pain in a bilateral procedure
- Bleeding that does not respond to uninterrupted direct pressure for at least 20 minutes
- Problems with drains that are not solved using the troubleshooting instructions that are provided
- Persistent nausea and/or vomiting

\***General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000).

**EMERGENT surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY Line (585-258-4851).**

*The Patient Consultant will make your postoperative appointments.*

**If I have any questions with regards to the content of the videos and/or my expectations with respect to my participation in my pre-operative preparation, I will review all questions and any concerns with the Advanced Practice Provider during my in-person, pre-operative appointment.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name (print): \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_