

Abdominoplasty

PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

Have your prescriptions filled.

Do not take Aspirin, Ibuprofen, Anaproxin, herbs or vitamins for two weeks before or after your surgery. These products may cause bleeding and bruising. You may take Tylenol.

If you take any other medication daily, please notify the Doctor.

Your garment will be provided.

DAY BEFORE SURGERY

1. Do not eat or drink anything after midnight the night before surgery.
2. The night before surgery, shower with Technicare.

DAY OF SURGERY

1. You may brush your teeth and rinse your mouth but do not eat or drink anything.
2. Repeat your Technicare shower the morning before surgery.
3. Wear no make-up or nail polish.
4. Do not bring any jewelry or valuables.
5. Prior to surgery, remove contacts or glasses and notify the nurse if you have dentures.
6. Wear comfortable clothes and flat shoes.
7. Someone must drive you to and from the office. Also, someone must stay with you the first night after surgery.

POSTOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

1. Immediately after your surgery you will have a dressing and postoperative garment applied. Leave these in place; do not remove them until you return to the office for your first postoperative visit. After the first dressing change, you should wear your garment continuously except for bathing.
2. You will have drains placed in the incision to prevent wound fluids from collecting under the skin. The drains should be left in place, but you should empty the collecting bulb every 4 hours and record the amount of drainage. Care should be taken to wash your hands thoroughly before handling the bulb and do not touch the spout of the drain with your hands. After each emptying, make sure the bulb is compressed and the spout is closed securely. The drains are usually removed in 2 weeks.

3. Immediately after surgery you should rest in bed for the first 1-2 days. You may go to the bathroom with assistance. It is important that you urinate within the first 8 hours after surgery. If you have any problems with urination please notify the doctor.

4. To avoid putting tension on the abdominal incision you should sleep with two pillows under your head. You may sleep on your side if you find it more comfortable. After the second day, you are encouraged to walk and care for yourself. You should, however, avoid standing straight to minimize the amount of tension on the incision. You should not do any lifting or housework for 2-3 weeks. Dr. Conkright will advise you about increasing your activity as you progress.

5. You should begin taking sips of liquids such as water, Coke or 7-Up as soon as possible after your surgery. You may progress to a regular diet as you tolerate it. You should avoid eating greasy or spicy foods for the first 24 hours as they may cause nausea.

6. The amount of discomfort varies with each individual. The greatest amount of discomfort is usually the first 24-36 hours after surgery. A prescription for pain medicine will be provided that should control the discomfort. As with any medication, you should take it only if you need it and never take pain medication on an empty stomach because it may cause nausea.

7. You should expect swelling and bruising of the surgical area. The amount of swelling and bruising varies with the individual. Wearing the post-operative garment continuously for the first few weeks will help minimize the swelling and discoloration. Also, ice packs may be applied to the surgical area for the first 24-36 hours after surgery to help minimize the swelling and bruising. Most of the bruising will usually resolve in about two weeks. The swelling may take several weeks to resolve completely.

8. You should take a sponge bath until your dressing has been removed. The doctor will tell you when you may begin to shower after surgery.

9. Things to report to the Doctor:

- bleeding or drainage that soaks the dressing
- oral temperature greater than 101° degrees
- pain that is not relieved by the pain medicine
- unable to urinate within 8 hours after your surgery or any problem with urination
- nausea or vomiting
- excess pain and swelling especially when greater on one side or in one area