

PREOP INSTRUCTIONS  
ABDOMINOPLASTY  
In Office and Surgery Center

Arrive at \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_. Please call 406-728-3811 the day before your surgery to confirm your arrival and surgery time. If you are unable to keep your scheduled surgery, please call 406-728-3811 2 weeks prior to cancel.

Plan on minimal activity for the 1<sup>st</sup> 4 weeks following surgery and GRADUALLY increasing your activity level. No vacuuming, lifting (ie. Children) housework, working out, etc.. No airline travel for the 1<sup>st</sup> 6 weeks (the pressure causes swelling).

You will need to have a responsible person drive you home and be with you for 24 hours after your surgery. They should be available to speak with the recovery room nurse to receive post op instructions and get prescriptions filled if necessary. You will also need to arrange to have someone drive you to your return appointment.

Do not eat any food or drink fluids after midnight the night before surgery.

- Avoid alcoholic beverages for 24 hours before surgery
- Nothing in the morning, no water, coffee, juice, or liquids
- Do not suck on mints, chew gum, tobacco, or candy

Take 1 Bottle of Magnesium Citrate 2 nights before your surgery and then a liquid diet the day before surgery. Nothing to eat or drink after midnight the night before surgery. (Magnesium Citrate acts as a laxative)

Remember to remove all makeup (lipstick, mascara, foundation, etc.)

Wear comfortable, loose fitting clothing, a button-down shirt, easy slip-on pants, and flat shoes.

Begin to clean your body with some antibacterial soap (ie.dial) 2 days prior to surgery.

Report any pustules, boils, or infections, prior to surgery.

Do not wear anything made of metal such as a watch, rings, earrings, necklace, or any body piercings.

Wash your hair the night before or the morning of your surgery. Do not apply any deodorant, powder, ointment, hair products, or perfume.

Please shave pubic area prior to surgery (ie. Belly button area and down approx 18-20 cm). Please call if questions.

Do not smoke or be around smokers for 2 weeks prior to and after surgery. Smoking causes vasoconstriction of vessels which in turn causes slower and compromised healing time.

Do not wear contact lenses. Bring your glasses with you, if needed, to sign the necessary paperwork.

Do not take any aspirin, ibuprofen or Vit E products for 2 weeks prior to and after surgery. These products can cause excess bleeding and bruising. You may take Tylenol if experiencing pain.

Start taking VitaMedica Surgery Program Vitamins (supplied to you through our office) 2 weeks prior to surgery. Read the contraindications on the vitamin box. If you have any of the listed contraindications, do not take and call our office and ask to speak to the nurse.

Check with Dr. Hardy or his nurse in regards to your medications that you usually take in the morning. A general rule is that heart and blood pressure medications should be taken with a small sip of water. Diabetic dosages may vary according to your diabetic Doctor's orders.

Make sure that all your financial obligations have been met with the office 2 weeks before surgery. If not, you run the chance of having your surgery cancelled or postponed.

SUPPLIES to have prepared prior to coming home from surgery:

- cool packs
- 4x4 gauze
- Q-tips
- pillows
- thermometer
- over-the-counter gentle laxative and stool softener

## POST OP INSTRUCTIONS ABDOMINOPLASTY

### Office Hours:

Weekdays: 9:00 am - 5:00 pm: for any abnormalities or emergencies call 406-728-3811 and ask to speak to the nurse.

After Hours & Weekends: Call 406-728-3811 and ask the operator to page Dr. Hardy.

Call the office immediately if you have:

- a temperature of 101 or greater
- redness that's beginning to spread away from the incision site
- any unusually painful swelling
- any purulent "pus like" drainage coming from the incision site. A small amount of serous "clear yellow" drainage is normal
- pain that is not relieved by your pain medication

Activity:

Remember to:

- turn, cough and deep breath every 2-3 hours while awake to expand your lungs
- use a pillow to splint your incisions while coughing
- wear your Ted Hose (stockings) daily until you are moving about freely
- point your toes to the ceiling and push your heels downward frequently in order to prevent blood clots

Keep your chest elevated on 2-3 pillows for 2 weeks or until all the swelling has diminished. Do not lie on either side for 6 weeks. Put a pillow under your knees, sleep in a jack-knife position. Use a recliner to sleep in to help keep the tension off your incision lines. Do not sit up-right (90 degree angle) for long periods of time. This can cause a little pocket for fluid to collect. Avoid activity that causes shearing force or "sideway type" of movement.

Minimal activity for the 1<sup>st</sup> 4 weeks. No vacuuming, lifting (ie.children), housework, working out, etc.. No airline travel for the 1<sup>st</sup> 6 weeks. (the pressure can cause increased swelling and fluid retention.

Do not engage in sexual activity for at least 2 weeks after surgery.

Avoid bending down and picking up heavy objects....

- do not pick up anything over 10 lbs for the first 6 weeks
- at 6 weeks increase it to 25 lbs
- 8 weeks – Dr. Hardy will O.K. you for activity level

Do not operate a motor vehicle:

- until you can handle the steering wheel and gas pedal without causing any discomfort
- within 24 hours of taking prescribed pain medication

Do not apply any heating devices to your abdominal area as there will be areas of numbness that will interfere with any painful sensation. You may burn yourself without even knowing it.

You may apply cold compresses for 20 minutes every 2 hours for the first 48 hours. Make sure you have a barrier such as a towel between your skin and the cold pack. This is to minimize your swelling and bruising. Please be careful that you do not fall asleep with ice on your surgical site, this could cause frostbite.

#### DRESSINGS:

Keep your dressings dry. You may shower in 48 hours.

- do not take a bath or submerge yourself in water until all your drains have been removed. Avoid excessive heat (ie. Hot tubs, saunas, etc.) for 4 weeks.
- clean your navel area out with a Q-tip. Be sure to dry it out very gently afterwards
- you may change your dressings at this point as needed or leave them off

Do not remove your steri strips. They will fall off in 7-14 days or be removed by your doctor on your postop visit.

Wear the surgical garment at all times, for the first 6 weeks. You may remove it to shower or to clean it. You can also purchase a 2<sup>nd</sup> one from our office for \$25.00. Check with your doctor to see when you can quit wearing it.

You may see little pimple-like blisters along your incision site. They may appear as tiny abscesses, wounds that won't heal, or as pimples. They're sutures that have not completely dissolved.

If you have any drains, you will need to:

- strip or milk the drain tubings
- empty the drain bulbs
- compress the bulbs every 3-4 hours unless they become \_ full sooner

The drains will be removed when they put out less than 10 cc in 24 hours. You will be given a drainage sheet to keep the 24 hour totals of each drain. The drains will be removed 1 at a time. It is IMPORTANT to take it easy with minimal activity for 3 days after each drain is removed. If you do not do this, you will cause swelling and fluid retention, which may result in coming into the office to have fluid aspiration or another drain placed.

#### MEDICATIONS:

Take your prescribed medications as ordered. Take your antibiotics until they're all gone.

Do not take aspirin, ibuprofen, and vit E products for 2 weeks after your surgery. You may take your prescribed pain medication or Tylenol if experiencing pain.

Pain medication, anesthesia, and lack of exercise can cause you to have bowel problems (constipation). You can take a gentle over-the-counter laxative and stool softener.

**OTHER:**

Do not smoke or be with smokers for 2 weeks after surgery.

Avoid direct sunlight to your incision. Apply a good sunblock frequently (20 SPF) to your incision site if you plan to expose them to sunlight.