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PLASTIC SURGERY OF THE FACE, BREAST AND BODY
CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

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TUMMY TUCK – BEFORE AND AFTER INSTRUCTIONS

BEFORE SURGERY

- [If age 50 or over, you need to visit your internist or regular medical doctor for a medical check-up and clearance about two weeks before surgery. Your laboratory testing can be done with your internist as part of your clearance with the results faxed to our office (786-513-2679).
- [Stop all medications, vitamins, supplements two weeks before surgery except for medically essential prescription medications (clear these with us). Definitely no Aspirin or anything containing Aspirin or Vitamin E or Gingko Biloba.
- [Fill all your prescriptions before surgery – there will be at least two: one for pain (usually Vicodin or Percocet), one for antibiotics for one week (usually Keflex or Levaquin), pending any allergies. Generics are cheaper and are OK. Get Tylenol (regular or extra strength) also.
- [Ask us about our nutritional supplements. These items may help to reduce bruising and swelling after surgery.
- [No smoking (direct or indirect) at least two weeks before surgery – the longer the better.
- [No alcohol four days before surgery, esp. no red wine.
- [To avoid blood clots and emboli, practice calf exercises (ballerina point/flex type) prior surgery so you know how to do them starting right after surgery.
- [To reduce constipation issues after surgery, consider utilizing a laxative of your choice around 6 pm the day before surgery – Fleets Enema works for almost everyone.
- [For clearing your lungs after surgery, practice coughing before surgery while pressing a pillow against your belly for counter-pressure.
- [Practice walking flexed at the hip and knees, keeping your back straight. Maneuver around your home like this before surgery. Obtain a walker as it is very helpful after surgery.
- [Collect enough pillows on your bed, so you will be able to rest in a hip flexed position. The pillows will go under your thighs and knees and behind your back, so you end up flexed about 45 degrees at the hip.
- [Obtain enough sterile dressings for 12 dressing changes which you will start after your first office visit and first shower 2 or 3 days after surgery. Non-adherent dressings, like Telfa, are good but any sterile dressing will do.
- [Obtain a tube of any antibiotic ointment (double, triple, Neosporin, Polysporin) to place onto the dressing before it goes on your skin.
- [Obtain 1 or 2 inch paper tape to hold the dressing in place.
- [Obtain 70% Isopropyl rubbing alcohol to clean the incision after each shower and before placing each new dressing. We will demonstrate the dressing change on your first visit after surgery.

- [The day before surgery, we will perform your surgical skin markings. We will review your before photos and reaffirm our goals as clearly as possible and address any remaining questions and concerns. If you wish to take a long shower before surgery, do so before the markings (although you can take a small shower after the markings). You might also want to avoid wearing your favored clothes since the markings may stain them.
- [Be well nourished, hydrated and rested before your surgery. Be in bed no later than 9 PM the night before. If you anticipate being very nervous, ask us for a mild sedative prescription when receive your other prescriptions before surgery.
- [Do not eat or drink anything after midnight the evening before surgery and nothing for breakfast the morning of surgery.
- [Leave valuables at home.
- [No makeup the morning of surgery. Avoid nail polish. No earrings or other piercings. No contact lenses.
- [Wear extra comfortable, loose fitting clothes and flat shoes.
- [Bring some magazines to leaf through before your surgery gets started.
- [Plan on arriving at the surgery center about 1-2 hours before scheduled start time.
- [Pre-schedule your first and second after surgery visits with us so your family/friends can plan their schedules.

AFTER SURGERY

- [Keep your hips flexed with pillows under your thighs and behind your back at all times.
- [Practice your calf exercises every hour while lying in bed.
- [Before getting out of bed with assistance, tighten the Velcro Binder around your tummy. You may loosen the binder when you are back in bed.
- [Manage your pain using the Vicodin or Percocet, no more than every 4 hours, preferably with food in your stomach or you will be nauseous. If the pain is not bad, don't use these narcotic pain medications and try Tylenol (regular or extra strength) instead. The goal is not pain elimination but management so you can function. Two days after surgery, you should be finishing the narcotic. Both Vicodin and Percocet will induce constipation.
- [Take your antibiotics as instructed – for 7 days, and/or until the drains are removed.
- [Milk your drains 3 or 4 times a day to prevent them from clotting – the doctor will demonstrate the technique at the first dressing change in the office.
- [Cough and clear your lungs of secretions using a pillow against your belly for counter-pressure.
- [Eat 3 meals a day of well balanced food. Ice cream, to cheer you up, is also OK in moderation. If you don't eat, you will be weak and remain nauseated longer than necessary.
- [Drink only non-carbonated drinks: water and juices. Don't drink excessive amounts - it may prolong your drainage.
- [During daytime, get up every two to three hours and walk a little bit, then back to resting. But no excessive walking as it may prolong your drainage.

- [Usually, one week after surgery, your drains will be removed. About 4 or 5 days after surgery, when emptying the drain receptacle, estimate the amount on the side – below or above the number 25 – and keep a log every 12 hours. The doctor will check those numbers before your drain removal. Don't have anxiety over the removal – most patients don't even feel it.
- [After drain removal in the office, you will be placed into a compression garment. You will receive another 2 garments to alternate them daily. Total garment time is about 3 weeks.

Material needed for dressings (12 Day Supply):

- **Sterile Dressings**
- **Surgical Paper Tape**
- **Ointment**
- **Rubbing Alcohol**
- **Cotton Balls**
- **Scissors**

If any question is not covered by the above, ask us any time. There is every opportunity to have all your questions addressed.

Call us: 305-381-8837.