

## TUMMY TUCK / LIPOSUCTION / BREAST ENHANCEMENT

Surgery Date: \_\_\_\_\_ Place: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

### TWO WEEKS BEFORE SURGERY:

1. Some medication can interfere with anesthesia and cause undesirable side effects that affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be taken 1 week before surgery. Tylenol is a good medication to take for aches or pains you may have prior to surgery.
2. Smoking will affect how you heal. It is very important to stop smoking 2 months before and after your surgery.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you are having surgery as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to stay with you for the first 24 hours.

### EVENING BEFORE SURGERY:

1. In preparation for after surgery, place 2 pillows on your bed for elevation of your head and shoulders.
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3. Make some Jello and/or soup for after surgery and get a good night's rest.
4. Do not eat or drink anything after midnight.

### DAY OF SURGERY: Be at the Surgery Center/Hospital at: \_\_\_\_\_

1. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled in the afternoon, you may have coffee or tea and dry toast at least 8 hours before your surgery time.
2. Do not wear wigs, hairpins, hairpieces, jewelry, contact lenses, dentures, nail polish, or makeup. Dress in loose-fitting comfortable clothes. Do not wear pullover tops or pantyhose. Wear slip on shoes.
3. Some patients require an overnight stay after surgery. It is important to get out of bed as soon as possible after surgery and you may need to walk slightly bent over to relieve tension on the surgical wounds. Most patients will require a compression garment or binder, and a surgical bra in place along with drains to help with post-operative swelling. Put a pillow and blanket in the car for the trip home.

### AT HOME AFTER SURGERY:

1. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed. You will need to measure the volume of your drains every 12 hours and care for them as instructed (see Drain Instruction Sheet).
2. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.

3. Most people experience muscle soreness as well as sharp pains for about 4-5 days after surgery. The pain medication we have prescribed should relieve your discomfort. You may take it every 4-6 hours as needed. It is best to take pain medication with crackers, jello, etc. Alcohol and pain medication should not be taken together.
4. It is important to refrain from any strenuous activities for at least 2 weeks after surgery. Gradually work back up to pre-surgical activities after 3-4 weeks. The drains should be removed within 2-3 weeks in most cases.
5. The compression garment or abdominal binder should be worn AT ALL TIMES for TWO WEEKS and then at night only for the next two weeks.
6. You must wear a surgical bra or sports bra day and night for the first 4-6 weeks or as instructed by your doctor. All garments and bras should be removed before showering after two days and reapplied clean and dry. Bring a good support sports bra to your surgery particularly if you are small or need a special size. It is best to purchase several light more cotton based sports bra that clips in the front. The sports bra should be an inch or two larger than your measured chest diameter (i.e. 32) and cup size is not relevant in most cases with sports bras. Our office staff will help you with recommendations and ordering.
7. Patients who are undergoing a breast enhancement or augmentation will need good support for some time. Patients should move to an underwire bra during the day and sports bra at night starting at 6-8 weeks. Continue bra support for 8-12 months. It is best for mature patients with larger breast to wear good bra support for a lifetime.
8. You may remove garments, bras, & dressings as instructed 48 hours after surgery and shower. Throw away old dressings after shower and drains are designed to get wet. You can put the garments in the washer and dryer while you are showering and then put it back on within 1 hour. Avoid tightening the abdominal binders or bras too much and loosen them if needed.
9. The body retains fluids in response to surgery so do not expect to see any immediate weight loss. Expect soiling of garment, bra, and dressings the first several days. Reinforce with clean dressing as needed and avoid tape.
10. If Dermabond or "Superglue" is used no further care is required, otherwise apply a thin layer of Vaseline to the wound twice a week for several weeks. The wound should be kept clean removing debris or blood with half strength hydrogen peroxide the first several days only. The belly button should be allowed to dry after surgery unless told differently.
11. Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 1-2 months afterward. The bruises will move down your body, as they are absorbed. In the long run, as the swelling subsides you will see a change in the way clothes fit more than a decrease in in your weight.
12. Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. The massages can begin 3-4 weeks after surgery.
13. All patients will experience numbness of the surgical sites after surgery as well as the thigh and abdominal wall and in the upper arms. Itching or tingling occurs as sensation returns and reflects normal healing. This will gradually subside over the next 6 months.
14. Redness and fever of the wound may reflect a local infection that should be reported to the surgeon immediately. However, it is not unusual for patients to note small areas of redness along their wounds at 4-6 weeks following surgery. Deep sutures are used to

decrease opening of the wounds and scarring following surgery. As your body absorbs these sutures a local reaction may occur resulting in inflammation or suture exposure. Warm compresses will decrease the inflammation and pain, and if symptoms persistent please notify the surgeon's office.

#### **OTHER POST-OPERATIVE INSTRUCTIONS**

1. Physical exercise must be **STRICLY** avoided until 6-8 weeks after surgery. You may gradually resume normal sedentary daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort to the operative site. Be careful for 2 months!
2. Driving may be resumed when a sharp turn of the steering wheel will not cause pain and all medications that may affect judgment have been discontinued.
3. Breast massage should start as soon as you are able to do so without pain if you have breast implant. This is usually 2-3 weeks after surgery. Instructions on breast massage will be given by the nurse in the office. The importance of massage cannot be over emphasized. It is something you should be religious in doing for the next two years.
4. Breast implants do not become fully incorporated for several months after surgery. It is important to avoid impact exercises or strenuous activity that may disrupt the implant or wound for at least two months. Please, heed this warning to avoid complications!
5. Abdominal massage and scar treatments is initiated 4 weeks after surgery. Patients should expect swelling to worsen in the lower abdomen and then improve at 6-8 months. After breast surgery it takes at least 2 months before size and shape can be determined.
6. Bruising and swelling are normal. This will disappear with time. If it does not improve or gets substantially worse contact our office.
7. Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last for months and will gradually disappear.

#### **GENERAL INFORMATION:**

1. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6-8 weeks or as instructed. Avoid sheer forces on lateral flank wounds for 10-14 days.
2. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for at least 6 months. Scar treatment is initiated after 4 weeks and when healing is complete.
3. Please take all medications carefully and as directed.
4. Use dove soap after surgery and wash garment in a hypoallergenic laundry detergent until the wounds fully heal.
5. Sexual activity involving the breast should be avoided for two months.
6. If you have nausea, vomiting, rash shortness of breath, or diarrhea after taking your medication, please call the office.
7. If you develop a fever (oral temperature greater than 101.5), redness or increased pain at the surgical incisions, please call us immediately.

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