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Plastic and Reconstructive Surgery
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Pre and Post Operative Instructions

Abdominoplasty

Pre operative Instructions

24 hours before :

Pick up prescription for pain from office or check to see if they have been prescribed
Purchase CoQ10 100mg, Ester C 1000mg, Vit. E 400mg, and Vit. A 10,000 IU to be
taken once a day, and Bromelain to take between meals.

Purchase Sterile 4x4's, Abdominal dressings, and thin maxi pads

Purchase Pericolace stool softener and laxative or Ducolax.

Fill prescriptions

Purchase 1 bottle of Magnesium Citrate.

Take ½ to full bottle of Magnesium Citrate, allow 4 hours to work, expect to empty your
colon over the following 4 hours.

Have a liquid supper i.e. Soup, juice, ice cream, etc.

Protect your mattress with Chux or Blue waterproof pads.

Do not eat or drink anything after 12 midnight.

Day of Surgery

Shower the day of surgery and shave the pubic area. So not apply lotion or powder or
deoderant.

Have someone take you and pick you up from the hospital

Have someone stay with you as getting up to the bathroom will be difficult for a few days

Post operative Instructions

Drains

Empty drains when full and record the amount on a piece of paper. The Doctor will ask
you tell him the amount and color.(Remember to open the cap, pour out the contents into
a container, squeeze the air out of the drain bulb, replace the cap on the drain valve, the
drain bulb should be collapsed creating a suction) You can empty the drainage into the
toilet and flush. Should you notice any leakage around the drain insertion site, place a
sterile 4x4 around the base. Change this daily or when saturated. Should the drain
become dislodged even slightly, do not push it back in...call the doctor. Bacteria can be
pushed in with the drain and cause an infection.

Diet

Start with liquid- water, Sprite, Coke, then progress to crackers, then soft diet and finally a
regular diet. Drink plenty of fluid to replace the volume of blood lost during surgery, in
order that you don't feel dizzy when you stand up. Your body will gradually rebuild this
supply. Remember that a high sugar diet adds to inflammation and pain. Try to avoid this
in excess. Start taking your vitamin supplements as soon as you are tolerating food. These
will help in wound healing and scar formation.

Breathing

Take deep Breathes every hour and cough. If you received an inspirometer from the hospital, use it 4 times every hour on the hour. This may be difficult after this particular surgery as your abdomen is tight and your diaphragm has a tighter space in which to expand. Good oxygenation is vital to survival of the skin flap and prevention of pneumonia and atelectasis.

Pain Control

Use the narcotic medication prescribed by the doctor every 3-4 hours. Though the prescription says every four hours as needed for pain, you should take it as closely as every 3 hrs. if the pain is severe, in order to reduce the level of discomfort the medicine has to start from. If you are using a pain pump, the amount of narcotic medication should be reduced to one every six hours. For many patients, narcotic medications may not be necessary at all. Remember that narcotic medications can also cause constipation which can increase abdominal pressure. Be sure you are taking your pericolace daily to prevent this. That pressure can add to your discomfort. The sooner you can stop taking the narcotic analgesic the better. Motrin, up to 800mg three times a day, may be utilized for up to 10days, often giving adequate pain relief.

Bathing

As long as you have drains or a pain pump in, you cannot take a shower. You can sponge bathe, being careful not to get the drain insertion sites wet. Change the bandages every day or more often if necessary. After the drains have been removed (usually 7-10 days depending on the amount of drainage) you can feel free to shower. Always remember to keep the incision site dry after showering until healed. After the skin is completely healed you can feel free to take a bath.

Warning signs

Fever, Burning on Urination, leg pain, sudden shortness of breath, increase in output from drains, wound edge separation, chest pain, all warrant a call to the doctor. Have your local pharmacy number on hand when you call so he can call in a prescription if he needs to. Should you have any other concerns during your post operative period, please call so we can discuss them.

Next Appointment -Call the day after surgery to schedule a follow-up appointment within 7 days-10days.

I have received 2 pages of instructions and understand the directions as stated here.

(Signature)

(Date)