

## INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY - ABDOMINOPLASTY

See the supplements recommendation for use in the pre & post operative period and medications to avoid list given to you at your initial consultation.

Rest in flexed position and sleep with pillows under your back and knees for 1-2 weeks or when the tension on your abdominal incision has subsided.

If you have drain tubes—record the output. Once the drainage is less than 25-30cc in 24 hours for 1 or 2 days, call the office to schedule an appointment for drain removal. Be sure that the JP bulb is collapsed at all times. You may have a device that administers local anesthesia to the surgical area. If so, it will administer local anesthesia for approximately 48-72 hours. When the medicine reservoir is empty you can pull the tubes and dispose of the apparatus. If you feel uncomfortable you can call the office for assistance. You may shower 24-48 hours after surgery.

No smoking, no Nicorette Gum or Patches, this delays wound healing.

You may walk starting the day after surgery. Relax for the first two days. Do not over do it, use common sense. Breathing exercise will help with circulation (oxygenated blood restores and helps eliminate after effects of anesthesia and impurities) and tension. Breathe through your nose and fill your lungs, slowly release through your mouth. Repeat 10 times each hour or anytime you feel lightheaded or nauseated. If nausea is persistent a prescription can be phoned in to your pharmacy. Generally there should be no exercise for three to six weeks following surgery. No stairs for one week. No sexual activity for 4 weeks. No driving until you are pain free and off pain medications. Drink fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased "over the counter", take as directed. No alcohol for two weeks. No hot tubs or baths for 4 weeks after surgery.

Scar therapy will be discussed during your post operative visits and will be referred to our skin care specialists if required.

Call the office for follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions (586) 779-3030 or After hours (313) 396-0787.

## INSTRUCTIONS FOR PRE & POST OPERATIVE SURGERY – BREAST SURGERY

See the supplements recommended for use in the pre & postoperative period and medications to avoid list. Feel free to schedule a post operative consultation with our skin care department for instructions on scar therapy and products for dry or irritated skin.

No smoking. No Nicorette Gum or Patches, this delays wound healing.

If you have drain tubes—record the output. Once the drainage is less than 25-30cc in 24 hours call the office to schedule an appointment for drain removal. Be sure that the JP bulb is collapsed at all times. You may have a device that administers local anesthesia to the surgical area. If so, it will administer local anesthesia for approximately 48-72 hours. When the medicine reservoir is empty you can pull the tubes and dispose of the apparatus. If you feel uncomfortable you can call the office for assistance. You may shower 24-48 hours after surgery.

Remove all gauze and tape dressings 48 hours after surgery. Leave the steri-strip sutures in place. You may shower and wash over the area but do not let the shower head spray directly on surgical site. Cosmetic Patients may be given a support garment, wear it continually for the first week.

Walk as much as tolerable but with assistance in the first 24-48 hours. Rest on back with some elevation to decrease swelling. Breathing exercise will help with circulation (oxygenated blood restores and helps eliminate after effect of anesthesia and impurities) and tension. Breathe through your nose and fill your lungs, slowly release through your mouth. Repeat 10 times each hour or anytime you feel lightheaded or nauseated. If nausea is persistent a prescription can be phoned in to your pharmacy. Generally there should be no exercise for three to six weeks following surgery. Apply ice compresses (do not let ice directly touch your skin) in the first 24-48 hours to reduce swelling. No lifting (greater than 10 lbs) for three weeks. No sexual activity or driving for 2 weeks following surgery. Drink plenty of fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medications may cause constipation. Use Colace, which can be purchased “over the counter”, take as directed. No alcohol for two weeks following surgery.

Call the office for follow up appointment as instructed by the discharge planner. Remember we are always available to answer any questions. (586) 779-3030 After hours (313) 396-0787.