

## Instructions for Abdominoplasty

### PRE-OPERATIVE INSTRUCTIONS

- Medications-Please provide a current list of any medications, vitamins and herbal supplements you are taking. Three weeks prior to the surgery stop all non-steroidal anti-inflammatory medications (NSAIDS) and arthritis medications. If you have any questions regarding the medications please call the doctor.
- Smoking-No smoking three months before and three weeks after the procedure. Nicotine and smoke cause a delay in healing that can result in poor scarring, infections and additional surgery. Dr Stratis will not perform a tummy tuck on a patient who smokes.
- Illness-If you develop symptoms of a cold, cough, flu or infection prior to surgery please notify our office.
- Compression garment-You will receive a compression garment for after the surgery. If you are given a garment prior to your surgery bring your compression garment with you to the surgical facility the day of the procedure. We may have you wear the garment up to 3 weeks after the surgery.
- Diet-Nothing to eat or drink after midnight the night prior to the procedure. You may take your medicine with a sip of water the morning of the procedure.
- Arrival Time-The facility will call you the day before the surgery to give you your arrival time. You will need a driver to take you home.
- Contact Person-Please let our office know what phone numbers to use before and after the surgery. If you will be staying at a different address after the surgery please give us that information.

### THE DAY OF SURGERY

- Wear comfortable clothing and flat shoes. You will change into a gown for the surgery.
- Take glass case or contact lens case with you. Label with your name.
- Do not wear make-up, nail polish or jewelry and remove all piercings.
- If you are staying overnight take a robe and slippers.

### AFTER THE PROCEDURE

- Drains-You will have a drainage tube and will be instructed by the nurses how to care for it. Please keep a record of the drainage until the drain is removed. You may shower with the drain in place. We will remove the drain in the office in one of your follow up visits.
- Dressing and Wound Care-You will have a plastic water proof dressing covering the white gauze that will cover the incisions. You can shower over these dressings. You can expect some bloody drainage on the gauze and under the dressings. When the dressings are removed you will be given further instructions regarding the care of your incisions.
- Activity-You are encouraged to get up and walk around as much as possible after the procedure. This activity is good for your lungs and for your leg blood vessels. You should not do any heavy lifting and no vigorous exercising for three weeks. You can climb stairs as tolerated and can drive when you feel you are in control of the auto and can veer suddenly and slam on the brakes if needed. You can resume sexual activity when you feel it is appropriate.

- Medications-You will be given a prescription for pain medication and may have a Novocain pain pump after the procedure. The pain medication should be taken as needed; you will also have a prescription for antibiotics and should take them as directed around the clock. You may have been given a prescription for a blood thinner and you should use that also as directed daily.
- Diet-You can resume a regular diet with an emphasis on protein and fluids. You may also wish to start a stool softener prior to the procedure or shortly thereafter in order to prevent constipation. You can use a laxative of choice as needed.
- Contact-If you have any questions at any time please contact Dr. Stratis directly on his cell phone at 717-574-2116 or call our office at 717-728-1700.