

Instructions for Belt Lipectomy / Lower Body Lift

PRE-OPERATIVE INSTRUCTIONS

Medications- Please provide a current list of all medications, vitamins, and herbal supplements you are taking. Three weeks prior to surgery stop all non-steroidal anti-inflammatory medications (NSAIDS), and arthritis medications. If you have questions please ask the doctor.

Smoking - It is very important to stop smoking THREE MONTHS prior to surgery. Nicotine causes vasoconstriction of blood vessels which leads to decreased nutrients and blood supply to the tissues. This will lead to delayed wound healing, poor scarring and additional surgery.

Illness - If you develop symptoms of a cold, cough, flu or infection prior to surgery, notify our office.

Compression Garment - You will be placed in an abdominal binder after surgery. You should wear this as much as possible for the first two weeks. You may remove the binder to shower when you are home from the hospital. If the binder becomes soiled you can hand wash it with peroxide, soap and water. Let hang to air dry.

Diet - You should start a protein loading diet 10 days prior to your surgery - 50-70 grams of protein per day.

Food Guide

3 oz. chicken or fish - 20 gm

3 oz. beef - 25 gm

8 oz. cottage cheese -28 gm

8 oz. milk - 8 gm

1 oz. hard cheese - 7 gm

Continue this diet for three weeks after surgery. Protein supplements from health food stores can also be used. Nothing to eat or drink after midnight the day before surgery. Dr. Stratis will tell you what medications you can take the morning of surgery.

Arrival time - The hospital will call you the day before surgery to give your arrival time. You will need someone to drive you home when you are discharged from the hospital.

Contact person - Please let us know what phone numbers you can be reached at before and after surgery.

DAY OF SURGERY

Dress - Wear something comfortable with an elastic waist and loose legs or a skirt to wear home. Take a glasses case or contact lens case with you and label with your name. No makeup, jewelry or nail polish. Remove all piercings. Take a robe and slippers for walking in the halls after surgery. Plan to wear a patient gown while in the hospital room.

AFTER SURGERY

1. Plan to be in the hospital for 1-3 nights.
2. You will have two or more drainage tubes which will be cared for by the nursing staff while in the hospital. The nurses will instruct you how to empty and record drainage when you go home. These drains may be left in for up to three weeks after surgery.
3. You will have a pain pump which you can control with a hand held button. This will only give you the ordered dose of pain medication. The pump will not allow you to give yourself too much medication.
4. Plastic coated dressings will cover your incisions on your abdomen and back. These will be removed in the office a few days after surgery. You may shower over the plastic dressings. Pat the plastic dry after showering.
5. Coughing and deep breathing is very important after having general anesthesia. You will be given an incentive spirometer in the hospital to encourage you to take deep breaths.
6. A foley catheter will be placed in your bladder until you can walk to the bathroom with assistance.
7. A regular diet will be ordered after surgery if no nausea or vomiting.
8. Intravenous fluids (IV) will be given, as well as IV antibiotics until you are taking fluids by mouth well.
9. The nurses will assist you getting out of bed the night of surgery or the next day. It is important to get moving as soon as you can. The more active the fewer the complications. Walking is encouraged when you are home. Elevate your legs when sitting. Rotate and flex your ankles as much as you can.
10. When in bed you will have SCD (sequential compression device) boots on both legs. Please remind the hospital nurses to replace these when you get back in bed.
11. Dr. Stratis will see you daily while you are in the hospital. If you have any concerns call the office at 717-728-1700. One of our nurses will get in touch with Dr. Stratis.

WHEN YOU ARE HOME

1. You may shower with the plastic dressings in place. Keep drain tubes out of the shower by hanging over a chair, using a hanger or hook.
2. Drain care - Empty and record drainage from the drains every 4 hours or when the bulbs are half full. Mark the drain letter or number, date, time and amount. Keep track of amounts in 24 hour segments. Drainage should be less than 30 cc in 24 hours before the drains will be removed.

3. Once the dressings are removed you may get the incisions wet. Dressings will be kept over the drains. Dr. Stratis will tell you when you can change the drain dressings.
4. Apply antibiotic ointment (Neosporin or Bacitracin) to your incisions and belly button twice a day. Wash your hands with soap and water before and after caring for the incisions or drains.
5. Constipation is not uncommon after surgery. Use a stool softener or laxative as needed.
6. Walking is encouraged. No heavy lifting for six weeks. You may drive when you feel in control of the vehicle. You may resume sexual activity when you feel it is appropriate.
7. You will be given a prescription for oral pain medication to use as needed when you are home. You may take Tylenol if prescription pain med not needed.
8. Scar care instructions will be given once incisions are healed.

THINGS TO REPORT TO OUR OFFICE

1. Nausea or vomiting
2. Temperature of 100 degrees or greater.
3. More swelling in one area more than another.
4. Pain unrelieved by pain medication.
5. Any separation of incision lines.

If you have any concerns about your surgery please call the office at 717-728-1700 or Dr. Stratis' cell number 717-574-2116.