

TRAN INSTITUTE FOR PLASTIC SURGERY
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PRE & POST OPERATIVE INSTRUCTIONS: ABDOMINAL SURGERY

SURGERY DATE: _____ ARRIVAL TIME: : _____ PLACE: _____

WEEKS/DAYS BEFORE SURGERY:

- All nicotine product consumption must stop 4 weeks prior to surgery and be refrained for 4 weeks after surgery.
- One week prior to and two weeks after surgery take ARNICA MONTANA (can be found at Walmart/GNC).
- Do NOT take ASPIRIN or medications containing aspirin between now and your surgery date. Do NOT take ANTI-INFLAMMATORY drugs such as Ibuprofen, which include Advil, Nuprin and Motrin. Do NOT take Vitamin E or eat Chinese black mushrooms; these products can interfere with normal blood clotting and may increase bleeding and post-op bruising. If needed, you may take Tylenol for minor aches and pains.
- The following are some drugs you should avoid between now and your surgery date: Alka Seltzer, Anacin, Aleve, Ascriptin, Bufferin, Cope, Coricidan, Darvan, Fiorinal, Dristan, Empirin, Excedrin, Midol, Sine-Aid, Sine-off, Percodan, Stendin, Triaminicin, Vanquish, St. John's Wort, diet pills (even "Natural") Ginkgo Biloba, "Natural" water pills, Ephedrine (aka Ma Huang). If you have any questions, please check with our office.
- Please notify us if you take any herbal supplements and/or vitamins.
- For a period of 3 days prior to surgery, cleanse from the nipple to the pubic area 3 times a day for 5 minutes each time using antibacterial soap, such as Dial.
- Report any signs of cold, infection or skin eruptions at the site where surgery will be performed that appears 1 week prior to the surgery date.
- You should be on a clear liquid diet beginning 1 day before your surgery.
- If you desire, bring or wear bikini panties the day of your surgery.
- Give yourself a mild laxative 2 nights prior to surgery.
- Have your prescriptions for all medications filled prior to surgery.

*** DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.**

- Do NOT wear make-up, jewelry, or bring anything valuable to the surgical center or office.
- Wear or bring comfortable and loose-fitting clothes to go home in (specifically, a top that opens in the front).

- Arrange for someone to take you to the surgery center or the office the morning of surgery and to pick you up at the designated time after surgery. Your next appointment and any additional instructions will be given at this time. Arrange to have someone spend the first 24 hours with you after surgery.

AFTER SURGERY:

- The evening of your surgery you will be allowed to sit up on the side of your bed with assistance. You will be allowed to get up with assistance the first day after your surgery. We want you to walk in a bent over or stooped position for approximately 1 week after surgery; straightening up a little each day after that.
- Do NOT sleep on your stomach. Do NOT lie flat in bed. Elevate your head and knees with pillows for comfort.
- Take medications as directed. It is best to take pain medication with crackers or Jello. If you do not have pain, do not take pain medication. Do NOT consume any alcoholic beverages while taking medications.
- You should have a liquid diet the first night after surgery and advance to a soft, low residue as tolerated. Normal diet should be resumed as advised. Avoid spicy and gaseous foods that do not agree with you for 2-4 weeks.
- You can expect moderate discomfort which the medication will ease. You can also expect swelling and bruising around the midline and abdomen which will gradually subside over a 2-3-week period.
- Unusual symptoms such as: excessive pain, prolonged dizziness or nausea, and fevers above 100 degrees should be reported.
- An abdominal binder and dressing will be put on immediately after surgery and you will continue to wear the binder for approximately 4 weeks. You should also wear leg compression devices for 10 days following surgery.
- You will have a wound drain in place for 1-2 days after surgery. Dressings will be removed 5-7 days later. Your sutures will be removed approximately 7-10 days after surgery in the office.
- Showering can be resumed after all the drains are removed.
- Do NOT drive for 7-10 days after surgery upon receiving approval and off pain medication before resuming.
- Avoid sunbathing, sunlamps, saunas, excessive heat, or lifting heavy objects for 6 weeks after surgery. Normal exercise and activities can be resumed 6 weeks after surgery with physician approval.
- For routine questions, call the office M-F between the hours of 9 AM and 5 PM; Wed. 10 AM and 2 PM. If your call is **urgent**, please call anytime day or night at **(661) 253-2211**.