

SOUTHWEST BREAST & AESTHETICS

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Abdominoplasty

PRE-OPERATIVE INSTRUCTIONS

Shower the morning of surgery with Dial soap. Do not

We practice the Enhanced Recovery After Surgery (ERAS) method. Scientific studies have shown ERAS to be highly beneficial in lowering pain, hunger, and infection. Most of our patients do not require narcotics for more than a few days, if at all, due to this method.

As part of ERAS, you are allowed to drink carbohydrate rich fluids up to 2 hours before your surgery. These fluids are limited to Powerade, Gatorade, apple juice, grape juice, or coconut water (please do not drink anything that is red or purple in color). Please do not eat any solid food past midnight the night before your surgery.

NOTE: If you have a history of diabetes, gastroesophageal reflux disease (GERD), hiatal hernia, previous bariatric surgery (gastric sleeve, gastric bypass, etc.), or BMI of greater than 30, please adhere to the standard instruction of nothing to eat OR drink by mouth past midnight the night before your surgery.

Also as part of ERAS, you will receive Tylenol, Lyrica (nerve pain suppressor), and Celebrex (same drug class as Ibuprofen) 1 hour before your surgery.

You should arrive at the facility for check-in 2 hours prior to your surgery start time. For example, if your surgery is scheduled for a start time of 9 AM, you should be checking in at the facility by 7 AM.

Please bring post-operative garments (post-operative compression garment) with you to the facility the day of your surgery.

WHAT TO EXPECT AFTER SURGERY

1. After surgery, you will be brought to the recovery room. The expected length of time in the recovery room is approximately 1-2 hours. Your family / chaperone will be contacted when you have been transported to the recovery room.
2. A member of the plastic surgery team will speak with your family / chaperone regarding post-operative instructions, will answer any questions, and will provide updates on the course of the procedure.

3. This is typically an OUTPATIENT procedure. MOST of our patients go home the same day after surgery, although depending on your health status and comfort level, you may be kept in the hospital one to two days.

POST-OPERATIVE INSTRUCTIONS:

- Keep compression garments on 24 hours a day, except for showers for at least 4 weeks postoperatively.
- May shower on postoperative day number 2, pat incisions dry. Only showering and/or sponge baths are allowed. Do not take a tub bath, and do not go to a hot tub, whirlpool, swimming pool or swim in any body of water.
- Walk at least one mile daily, or 5000 steps, starting at postoperative day 1. Every few hours take a deep breath to expand your lungs. When coughing hold a pillow against your abdomen.
- If you have pets, especially cats and dogs that shed, make sure that you are not exposed to animal dander for the first two weeks after surgery as this may lead to increased incidence of wound infection.
- In order to lower the risk of bleeding, swelling, and separation of your incisions your activities will be restricted during the first week.
- It is perfectly normal to experience bruising and swelling in your abdomen, flanks and pubic area.
- Do not lie on your stomach, on your sides, or on your drains after surgery for 2 weeks.
- Lay in a recliner with your head elevated and knees flexed (“beach chair” position). Be sure to keep your chest and head elevated on pillows.
- A flexed position must be maintained while walking and resting for the first two weeks. You will not be able to stand straight up for the first week and this is completely normal.
- Do not lift anything over 5 pounds after surgery. Do not engage in any strenuous activity after surgery such as pushing, pulling, or sexual activity. This may raise your blood pressure and increase the chance of bleeding and bruising.

- Do not drive while taking narcotic pain medication.
- Do not exercise until cleared to do so by your surgeon.
- Progress your diet as tolerated, starting with a bland or liquid diet and working to a normal well-balanced diet by postoperative day 1.

-**Avoid** salty and/or spicy foods.

-**Avoid** lifting greater than 10lbs for the first 2 weeks

-**Avoid** aerobic activity for 4 weeks

-**DO NOT** put heat pads on your abdomen

-**DO NOT** smoke cigarettes for 6 weeks before or after surgery

-Bruising and uniform swelling is typical for the first week

-For any questions or concerns call Southwest Breast & Aesthetics for the on call provider at 4805764310

POST-OPERATIVE PRESCRIPTIONS AND OVER THE COUNTER MEDICATIONS

Please note that we advise you to prepare necessary medications prior to the surgery to make your post-operative course more pleasant.

1. **Oxycodone** is an oral narcotic prescribed to manage your pain as necessary. Narcotics can be dangerous, are known to cause drowsiness, and should not be mixed with alcohol. Due to the side effects, you should not drive or operate heavy machinery while under the influence of any narcotic pain medication. Narcotics are to be taken only as instructed and the goal is to limit the use of these medications to instances when the non-narcotic medications listed below do not control your pain. If your pain is severe, please call us.
2. **Cyclobenzaprine (Flexeril)** is a muscle relaxant prescribed to alleviate the muscular pain associated with your surgery and should be taken as instructed for the specified number of days. This medication can also make you drowsy and should not be mixed with alcohol. You should not drive or operate heavy machinery while under the influence of this medication.
3. **Acetaminophen (Tylenol)** is used for pain relief and is to be taken as instructed for the specified number of days. IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (500 mg tablets) over the counter at your local pharmacy. You should avoid drinking alcohol while taking this medication.
4. **Ibuprofen (Advil/Motrin)** is used for pain relief and is to be taken as instructed for the specified number of days. This medication is an NSAID (non-steroidal anti-inflammatory). IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (200 mg tablets) over the counter at your local pharmacy. You should stay hydrated while taking this medication.

5. **Gabapentin (Neurontin)** is a nerve pain medication prescribed to alleviate the nerve pain associated with your surgery. Please let us know if you are taking any prescription mood-altering (depression or bipolar) medications as these can potentially interact.
6. **Enoxaparin (Lovenox)** injectable solution is used for prevention of blood clots after surgery. You (or your caregiver) will administer 1 subcutaneous injection into your thigh once daily for 6 days (starting when you arrive home from the hospital). During hospital admission, nursing staff will provide further instruction on how this is done.
7. Narcotics and decreased mobility after surgery can cause constipation, thus a stool softener should be taken daily until you have your first bowel movement after surgery. If you are still taking narcotics (oxycodone) at the time of your first bowel movement, you should continue the stool softener until narcotics have been discontinued. You will need to purchase a stool softener over the counter at your local pharmacy. Our first-line choice stool softener is **Docusate Sodium (Colace)**. Laxatives such as Senna (Senokot) should be reserved for cases when constipation continues despite stool softeners. In addition to medications, sufficient fiber intake and hydration should also be maintained in order to prevent constipation.
8. Nausea may occur postoperatively and can be a side effect of anesthesia and/or pain medications. When necessary, anti-nausea medications can be prescribed to be taken as needed. The first-line medication we prescribe is **Ondansetron ODT (Zofran ODT)**. This medication is placed on your tongue and allowed to dissolve.