KIRWAN
PLASTIC SURGERY

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ABDOMINOPLASTY - PRE AND POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

POST-OPERATIVE INSTRUCTIONS

1.Your surgery will take approximately 3-4 hours. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged. You may be admitted overnight and discharged the following day.

2.Someone must drive you home from surgery and, for your safety, remain with you for the first 24 hours.

3.We will instruct you on what type of surgical garment to purchase and when and how to wear it. Please bring your garment with you to the hospital.

4.Do not put your head below your heart. Do not do any strenuous activity or housework. Do not strain during a bowel movement. Do not take pain medication on an empty stomach since it may cause vomiting. All these factors will raise your blood pressure and may cause bleeding.

5.You will receive instructions for scar management at your follow-up visits.

6.For 2 weeks after surgery, restrict your activities as much as possible. Avoid any stretching or heavy lifting. Do not drive for 1 week and then only automatic transmission. You can resume most of your normal activities after 2 weeks. Do not lift any small children for three weeks. Do not lift any child greater than 10 pounds for 6 weeks.

7.Six months after surgery, you may resume strenuous activities such as swimming, running, tennis, weight-lifting etc., but only if you can tolerate them comfortably. This applies only if you had a full abdominoplasty with repair of the rectus muscles and not if you have a mini-abdominoplasty or a procedure that does not incorporate a muscle repair.

8.You will have drainage tubes to prevent the collection of excess fluid. These will be removed in the office after surgery. Sometimes, after the drains are removed, it may be necessary to drain small fluid collections of fluid. This will be done in the office.

9.If you should have any questions, please call the Connecticut office at 203-838-8844, or the New York office at 212-838-8844.

10. Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur, please contact our office immediately.