

PRE-SURGERY INSTRUCTIONS: ABDOMINOPLASTY

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. This is essential to your health and safety. There may be several weeks between your decision to have surgery and your actual surgical date. During this time there are several important considerations.

- **Practice proper fitness:** You need not engage in an aggressive or new fitness routine; however practicing good fitness habits is an important factor in your overall health and well-being. Stretching exercises and low-weight strength training now, can help to enhance your posture and your strength in the weeks following surgery.
- **Good nutrition.** Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential.
- **Stop smoking.** Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery.
- **Lead a healthy lifestyle.** In the weeks prior to surgery maintain the best of health and hygiene. A lingering cold, virus or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.
- **Prepare and plan.** Schedule any time off of work, and any support you will need at home in the days following surgery, including housework, childcare, shopping and driving. Make certain a responsible adult is enlisted and confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for at 24 hours, following surgery.
- **Pre-surgical testing.** Make certain to schedule **ALL** of the pre-surgical testing and clearance you have been given.
- **Relax and enjoy life.** Stress and anxiety over life's daily events, and even your planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of surgery is something you must discuss with our office. We are here to support you and answer all of your questions. We want your decision to be one made with confidence. Call our office with any unusual anxiety or concerns. Get plenty of rest. If you have trouble sleeping, call our office.
- **Fill your prescriptions:** Pain medication prescriptions will need to be filled BEFORE the day of surgery. Our office will advise you accordingly. Your prescriptions will include both pain medication and a muscle relaxant.
- **STOP taking the following for the duration before your surgery.** Taking any of the following can increase your risk of bleeding and other complications:

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| <input type="checkbox"/> Aspirin and medications containing aspirin | <input type="checkbox"/> Garlic Supplements |
| <input type="checkbox"/> Ibuprofen and anti-inflammatory agents | <input type="checkbox"/> Green Tea or green tea extracts |
| <input type="checkbox"/> Vitamin E | <input type="checkbox"/> Estrogen supplements |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Oral contraceptives / birth control |

- **Purchase any compression garments required.** You may wish to purchase more than one garment for laundering purposes. Compression garments that will be required immediately after surgery will be provided by Dr. Tanna on the day of surgery.
- **Find your comfort zone.** Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. After the surgery, you will find it comfortable to sleep with multiple pillows or in a recliner chair. Shop for magazines, books and other things to keep you busy and entertained in the day or two following surgery.
- **Wax or shave your bikini area and legs.** It may be uncomfortable to do so in the days immediately after surgery.
- **Please bring the following items for the day of your surgery:**
 - All paperwork
 - Your identification (e.g. driver's license)
 - Insurance card
- **Shower as directed before surgery.** Use an anti-bacterial, fragrance-free soap. Shampoo your hair. Do not use any hair gel or other styling products, scented skin creams or moisturizers. Do not use any deodorant, hair spray, perfume or cosmetics. Remove all finger nail and toe nail polish.
- **Do not eat or drink anything after 12 pm (noon) the day before surgery.** No candy, gum or mints. Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery.
- **Dress appropriately on the day of the surgery.**
 - **Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing:** (If there is something you cannot remove, let the admitting nurse know right away.)
 - **Wear comfortable, clean, loose-fitting clothing:** Do not wear jeans or any tight-fitting bottom; rather have a pair of loose, drawstring sweatpants to wear home. Wear slip on, flat shoes with a slip proof sole; no heels. Wear clean cotton socks, as the operating room can feel cool. For your comfort, wear a zip or button front top. No turtlenecks.