



BENJAMIN GELFANT

COSMETIC PLASTIC SURGERY

Abdominoplasty (Tummy Tuck) Surgery Instructions

Failure to follow these instructions may lead to cancellation of surgery and further fees will apply

BEFORE YOUR SURGERY

Before taking any medication PLEASE READ THIS!

- No aspirin (ASA) or anti-inflammatory medicine. NOTHING containing aspirin like products* ("NSAIDS") for two weeks before surgery since it interferes with normal blood clotting.

Check the list at the end of these instructions for NSAID contained products **and if in doubt, call a pharmacist.** If needed, Tylenol or Extra-Strength Tylenol (Acetaminophen) may be used as it is not NSAID related.

- **One month before surgery STOP talking birth control pills, hormone replacement and other hormones** to reduce the risk of blood clot formation. Please use alternate methods of birth control. We have cancelled surgery due to unplanned pregnancy.
- Do not take Arnica Montana or Traumeel. There is no proven evidence it helps with post op bruising and it may in fact cause post op bleeding.
- Nutritional Supplements to AVOID include: Bilberry, Cayenne, Echinacea, Feverfew, Fish oil, Garlic, Ginger, Ginkgo Biloba, Ginseng, Kava Kava, Valerian, Licorice Root, Ma Huang, St. John's Wort, Vitamin E, Yohimbe. or other herbs for 2 weeks prior to surgery (longer if possible) as they also can cause thinning of the blood.
- Take about 250-500 mg of Vitamin C per day for two weeks prior to surgery and 2 weeks after surgery.
- Smokers MUST quit smoking before surgery - smoking dramatically increases the risk of major complications of surgery and anesthesia such as severe respiratory complications, **skin death and increase risk of infection.** If you need assistance, such as nicotine patch treatment, please ask your family physician.
- No alcohol for 48 hours prior to surgery.
- Report any signs of a cold, infection, boils or pustules appearing within 1 week before surgery.
- You will likely be spending the night in the surgery center. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery. If transport is needed a caregiver can be organized to assist you at an additional cost.
- **Have your prescriptions filled immediately after your pre-operative visit.** Also buy a stool softener, such as Senekot, as narcotic containing pain medications cause constipation.

From the pharmacy, you should also get:

- Hydrogen Peroxide
- Q-tips
- 4x4 Gauze
- Bacitracin Ointment

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It's about confidence.



- My suggestion is that you take the recommended narcotic/Tylenol combination and plan a diet with lots of bananas, stewed prunes and raisins along with a stool softener. A compote of prunes and raisins can easily be made by putting a package of each in a pot, adding a modest amount of water, bringing it to a boil and then turning it off, allowing it to cool, and placing the stew in a large jar in the refrigerator. In addition, eat at least two bananas a day. If you follow this regimen you should be able to have soft stools the consistency of thick toothpaste and several times a day and much less worry about an unavoidable function.
- Graval Suppositories may be helpful for nausea and vomiting post- operatively. Graval products can be purchased without a prescription.

NOTHING TO EAT OR DRINK FROM MIDNIGHT THE NIGHT BEFORE SURGERY.

No gum, candy, or water please.

PLEASE CALL THE DAY PRIOR TO CONFIRM ARRIVAL TIMES & POST-OP APPT. (604-874-2078)

SURGERY and PICK-UP TIMES are subject to **CHANGE**. We will attempt to give you notice **IF POSSIBLE**.

DAY OF SURGERY

- No make-up. Do not use cream on face or body. Remove contact lenses. No nail polish on fingers nails and that includes gel and shellac. **Remove all jewelry**, body piercings including both internal and external. Jewelry may cause injury while moving from one bed to another and burns may occur from cautery equipment used during surgery.
- Do not take medication of any kind (unless instructed by Dr. Gelfant). If you have high blood pressure medication you may take it in the morning but only with a small sip of water.
- Wear comfortable, loose fitting clothes which do not have to be put on over your head. A top with a zipper up the front is best. No pantyhose, please.
- You must have a responsible adult to drive for you after surgery. They must pick you up from inside Cambie Surgery Centre which is located at 2839 Ash street.
- Most of our abdominoplasty patients spend the first night in the clinic. However, if this is not the case, you must have someone spend the first night or two with you. Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly.

If you have any questions before your operation, please call our office Monday through Thursday between 9am and 5pm and Fridays between 9am and 2pm.

AFTER YOUR SURGERY

- Rest for the first 24 hours. You may need assistance to the bathroom. After the first day, go for frequent short walks.
- Begin to take iron supplements with a multivitamin.



- Take medications according to instructions on bottle. If taking strong narcotics, or if other pain medications make you feel "spacey" or drowsy, have someone else give you your medicines according to the proper time intervals. Under such circumstances you could forget and take them too often.
- Make sure you understand how the blood thinner medication you have been prescribed to is taken. You will be supervised the first time.
- Avoid smoking after your operation to prevent coughing and possible bleeding, as well as skin loss.
- No alcohol while taking medication post-operatively.
- Sponge bath only until large abdominal dressing and the drains are removed. (After drain is removed, you may shower.) Empty "drain" bulb every 12 hours and record the amount drained on paper (more often if needed), ensuring it is squeezed down before sealing so it continues to suction.
- Clean the draining site with hydrogen peroxide and Q-tips, then apply bacitracin ointment twice daily, change gauze around drain site and replace with fresh one.
- You may return to work in one week, avoiding strenuous activity or heavy lifting as it may cause you to bleed.

If you are planning to use cannabinoids (marijuana etc.) because you feel they may be helpful in pain control **please discuss with Dr. Gelfant**

Infection is a very rare complication of any surgery:

- Occasionally there is an initial skin breakdown along the incision, there may be some fluid on dressing or tape. Do not be alarmed. Please notify us and we will discuss management.
- If you develop a fever with a temperature of over 38 degrees C, call us.

Call 874-2078 (24/7) After hours we have an answering service they will reach either Dr. Gelfant or his alternate on call)) if you have:

- Severe pain not responding to pain medicine.
- Sudden bleeding
- Sudden onset of much more swelling and/or pain on one side than the other.
- If any other question or problem arises.

You can expect:

- Moderate discomfort - use pain medication and/or cool compresses
- Moderate swelling
- Slight bleeding the 1st night or 2
- Some bleeding from wound edges
- To feel tired and sleepy for first 5-7 days

Feel free to call upon us at any time. If you need assistance after office hours please call the office (604-874-2078) and leave a message with the answering service and they will contact Dr. Gelfant directly.

We want you to be as comfortable as possible during your healing period.



OFFICE VISITS

- First Visit: The first day the office is open following surgery, or the day after.
- Second Visit: 1 to 1- 1/2 weeks following surgery.
- Subsequent Visits: Will be determined by Dr. Gelfant, usually four to six weeks later, then six months and one year after surgery.

ASA or anti-inflammatory containing drugs (NSAIDs) If in doubt, ASK!!

(*i.e., Anacin, ASA, Bufferin, Calmine, Coricidin, Coryphen, Dolomine, Dristan Capsules, Entrophen, Herbopyrine, Instantine, Kalmex, Madelon, MED Tigol, Midol, Nervine, Nezar Norgestic, Novasen, Novo AC&C, Pain AID, Robaxisal, 217, 222, 282, 292's, Upsarin. Also AC with codeine, Asantine, Coryphen, Darvon products, Endodan, Fiorinal, Novopropoxyn, Oxycodan, Painex, Percodan, Phenaphen, Robaxisal, 692, Tecnal, 282's, 292's, Artrol, Trilisate, Diclofenac, (Apo-Diclo, ApoDiclo SR, Arthrotec, Diclofenac, Ect, Novo-Difenac, Novo-Difenac SR, Nu-Diclo, Taro Diclofenac, Voltaren, Voltaren SR), Diclofenac potassium,(Voltaren Rapide), Diflunisal (Apo-Diflunisal, Dolobid, Novo-Diflunasil, Nu-Diflunisal), Etodolac (Ultradol), Fenoprofen Calcium, (Nalfon), Floctafenine (Idarac), Flurbiprofen (Anacad, Apoflurbiprophen FC, Froben, Froben SR, Novo-Flurprofen, Nu-flurbiprofen), Ibuprofen (Actiprofen, Advil, Advil Cold and Sinus, Amersol, Apo-Ibuprofen, Exedrin, IB, Medipren, Motrin, Motrin IB, Novo- Profen, Nuprin, Nu-Ibuprofen, Sinus PR & Pain reliever with Ibuprofen), Indomethacin, Apo-Indomethacin, Indocid, Indocid SR, Indolec, Nov-Methacin, Nu-Indo, Pro-Indo, Rhodacine (Ketroprofen), Apo-Keto, Apo-Keto-E, Novo-Keto, Novo-Keto-Ec, Nu- Ketroprofen, Nu-Ketroprofen-E, Orudis, Orudis-E, Orudis-SR, Oruvail, (PMS-Ketoprofen, PMS-Ketoprofen-E, Rhodis, Rhodis-EC), Ketorolac tromethamine (Acular, Toradol), Magnesium Salicylate (Back-Ese-M, Doan's Backache pills, Herbogestic), Mefenamic Acid (Ponstan) Nabumetone (Relafen), Naproxen (Apo-Naproxen, Naprosyn, Naprosyn-E, Naxen, Novo-Naprox, Nu-Naprox, PMS-Naproxen), Naproxen Sodium, anaprox, anaprox DS, Apo-Napro-Na, Naproxin-NA, Novo-Naprox Sodium, Synflex, Synflex DS. Oxyphenbutazone, Oxybutazone, Phenylbutazone, Alka Phenyl, Alka Phenylbutazone, Apo-Phenylbutazone, Butazolidin, Novo-Butazone, Phenylone Plus, Piroxicam, Feldene, Kenral-Piroxican, Nova-Pirocam, Nu-Pirox, PMS-Piroxicam, Pro- Piroxicam, Rho-Piroxicam, Salsalate, Disalcid, Sodium Salicylate, Dodd's, Dodd's Extra Strength, Sulindac, Apo-Sulin, Clinoril, Nova-Sundac, Nu-Sulindac, Sulindac, Tenoxicam, Mobilflex, Tiaprofenicacid, Albert Tiafen, Apo-Tiaprofenic, Surgam, Surgam SR, Tolmetin sodium, Novo-Tolmetin, Tolectin