

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 READ THIS!

1. No aspirin (ASA) or anti-inflammatory medicine. Nothing containing aspirin 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.
2. Two weeks before surgery STOP taking birth control pills, hormone replacement and other hormones to reduce the risk of blood clot formation. Please use alternate methods of birth control. You may restart your birth control two weeks after surgery.
3. Do not take Arnica Montana or Traumeel.
4. Stop all nutritional supplements and nutraceuticals two weeks before surgery.
5. Take 250-500 mg of Vitamin C per day for two weeks prior to surgery and for two weeks after surgery.
6. Smokers should quit smoking before surgery – smoking dramatically increases the risk of major complications of surgery and anaesthesia such as severe respiratory complications, skin death and increases the risk of infection. If you need assistance, such as a nicotine patch treatment, please ask your family physician.
7. No alcohol for 48 hours prior to surgery.
8. Report any signs of a cold, an infection, a boil or a pustule appearing within 1 week of surgery.
9. Arrange for a responsible adult to drive you to your home, hotel or accommodation. If transport is needed a caregiver can be organized to you at an additional cost.
10. Have your prescriptions filled immediately after your pre-operative visit. Bring them with you on the day of surgery. It is also advised to get a stool softener, such as Senekot, as codeine pain medications cause constipation. From the pharmacy you will also require: Hydrogen Peroxide, Q-Tips, 4x4 Gauze and Bacitracin Ointment.
 - 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.
11. Gravol Suppositories may be helpful for nausea and vomiting post-operatively. Gravol products can be purchased without a prescription.

12. 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.
13. If you are planning on using any cannabis products (marijuana, etc.) because you feel they may be helpful in pain control please discuss with Dr. Gelfant.

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

SURGERY AND PICKUP TIMES ARE SUBJECT TO CHANGE. WE WILL ATTEMPT TO GIVE YOU NOTICE IF POSSIBLE.

DAY OF SURGERY

1. No make-up. Do not use cream on face or body. Remove contact lenses. No nail polish on fingernails and that includes gel and shellac.
2. 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.
3. Wear comfortable, loose fitting clothes that do not have to be put over your head. A top with a front zipper is best, no pantyhose.
4. You must have a responsible adult to drive for you after surgery. They must pick you up from inside Cambie Surgery Centre.
5. Most of our abdominoplasty patients spend the night at Cambie Surgery Centre. However, if this is not the case, you must have a responsible adult spend the first night or two with you. Additional instructions and prescriptions can be given to the person caring for you. Such prescriptions should be filled promptly.

If you have any questions before your operation, please call our office Monday through Thursday 9am to 5pm and Fridays 8am to 2pm.

AFTER YOUR SURGERY

1. Take medications as needed according to instructions on the 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 interval.
2. Rest in bed for the first 24 hours. You may get up to use the bathroom or to go for a short walk with help. After the 1st day, go for frequent short walks.
3. Begin taking an iron supplement along with a multivitamin.
4. The period of greatest discomfort is usually the day after surgery and starts to decrease about two days after.

5. You may return to work in one week, avoiding strenuous activity or heavy lifting. It may cause you to bleed.
6. Sponge bath only until the large abdominal dressing and the drains are removed. After the drain is removed you may shower. Empty the drain bulb every 12 hours and record the amount drained on paper, more often if needed, ensuring it is squeezed down before sealing so that it continues to suction.
7. Clean the drain site with hydrogen peroxide and Q-Tips, then apply bacitracin ointment twice daily, change the gauze around the drain site and replace it with a fresh one.
8. The garment may be removed for bathing and washing after the first 4 days. If the garment feels too tight or is uncomfortable you may take it off only to adjust it. Otherwise, wear continuously during daily activities for the next four weeks.
9. Infection is a very rare complication of any surgery. Occasionally there is an initial skin breakdown along the incision, and there may be some fluid on the dressing of tape. This is no cause to be alarmed. If you develop a fever with a temperature exceeding 38 degrees Celsius call us.
10. Call 604-874-2078 after hours as we have a 24-hour answering service. They will reach either Dr. Gelfant or his alternate who is on call if you have
 - Severe pain not responding to pain medicine
 - Sudden bleeding
 - If bandages seem too tight
 - Extreme swelling, or more swelling on one side
 - If any other questions or problems arise
11. Avoid smoking after your operation to prevent coughing and possible bleeding, as well as skin loss.
12. You may drive a car with power steering after 7 days. Try a quick drive around the block with someone next to you in case of difficulty.
13. You will find sleeping on your back most comfortable. Getting in and out of bed the first few days may be difficult.
14. Avoid prolonged exposure to sun and heat for 2 months.
15. No alcohol while taking medication post operatively.

We want you to be as comfortable as possible during your healing period. Please call us at any time.

OFFICE VISITS

First Visit: The first day the office is open following surgery, or the day after

Second Visit: As needed by fluid in bottles from drains. Drains are usually removed by day 5
Subsequent Visits: To be determined by Dr. Gelfant, usually 4 to 6 weeks later, then 6 months
and 1-year post surgery

ASA or anti-inflammatory containing drugs:

*i.e., Anacin, ASA, Bufferin, Calmine, Coricidin, Coryphen, Dolomine, Dristan Capsules, Entrophen, Herbopyrine, Instantine, Kalmex, Madelon, MED Tigol, Midol, Nervine, Nezgar, Norgesic, Novasen, Novo AC&C, Pain AID, Robaxial, 217, 222, 282, 292's, Upsarin. Also AC with codeine, Asantine, Coryphen, Darvon products, Endodan, Fiorinal, Novopropoxyn, Oxycodan, Painex, Percodan, Phenaphen, Robaxial, 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, Herbogesic), 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-Piroxicam, 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