

Instructions for Before and After Body Contouring Surgery

Body lift, Brachioplasty, or Medial Thigh lift

What to expect: You may expect to have soreness, bruising and swelling for several weeks. You may notice drainage on the dressings for a few days.

***IMPORTANT*:** If you are currently taking any type of birth control, the antibiotics given during and after surgery may interfere with the effects of birth control. You should use a second method for one month post-surgery.

SIX WEEKS BEFORE SURGERY: Your surgeon may request you abstain from smoking and all tobacco/nicotine products for 6 weeks before and 6 weeks after surgery. Failure to abstain from tobacco/nicotine may result in your surgery being postponed or canceled as this complicates the healing process.

TWO WEEKS BEFORE SURGERY: ****SURGERY FEES DUE AT THIS TIME**** Discontinue Aspirin and Aspirin-like products, ibuprofen (Motrin/Advil), Naprosyn (Aleve), Vitamin E, Omega-3, Omega-6, Flaxseed Oil, weight loss supplements (both over the counter and prescription) and certain herbs like Ginko Biloba, St. John's Wort, and Ephedra. Have other vitamins or herbs cleared with our office. You may take Tylenol (acetaminophen), as directed, at any time prior to surgery.

DAY OF SURGERY: Do not eat or drink anything after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

AFTER SURGERY CARE:

- Your greatest discomfort usually occurs the first 24-48 hours after surgery. During this time, take all medications prescribed by your surgeon as directed. It is helpful to take pain medication with bland food to avoid nausea, which may occur if taken on an empty stomach.
- Wear garments as directed after surgery and until cleared by your surgeon. An additional garment may be picked up at the office.
- Contact the office before taking any Aspirin, ibuprofen (Motrin/Advil) or Aspirin-like medications. You may take Tylenol, if you are not taking a pain medicine that already contains Tylenol (acetaminophen), such as Percocet (oxycodone) or Norco (hydrocodone).
- Eat easily digestible foods such as Jell-O, ginger ale or soups. These are tolerated well the first 24 hours after surgery. If you are not experiencing nausea, you may resume a normal diet.
- Drink plenty of non-caffeinated beverages and eat fruit and food high in fiber to avoid constipation. Should constipation occur, discontinue pain medication (if tolerated). For relief, you may try magnesium citrate (purchased at your local pharmacy) or prune juice. It may take up to 24 hours to produce a bowel movement. These treatments may be repeated as needed.

AFTER SURGERY ACTIVITY AND HYGIENE INSTRUCTIONS:

- No lifting over 10-15lb. until cleared by your surgeon.
- When at home, take frequent rest periods - you may walk for short distances, as walking is important to prevent clots from forming in your legs. Initially, you may need to walk slightly bent

at the waist to prevent tension on the incisions. As you increase your activity, let comfort be your guide. If it hurts, don't do it.

- Do not resume jogging, aerobics, sexual or vigorous activity until cleared by your surgeon.
- No heavy household chores (laundry, vacuuming, sweeping/mopping, etc.) until cleared by your surgeon.
- You may shower 24 hours after surgery. Do not submerge incisions or drains (if present) under water such as in bath, lake, river, pool or hot tub. If present, leave steri-strips (flesh colored bandages) in place. All other dressings may be removed to shower.
- Place antibiotic ointment around drain insertion site prior to showering to create a water barrier, then gently wipe off after shower and place dry gauze over insertion site.
- To help control pain and swelling, continue to wear the garment(s) placed on you at the time of surgery 24/7 except to shower or to launder the garment(s) and until cleared by your surgeon.
- While taking pain medicine, have someone assist you with daily activities, particularly personal hygiene.
- Limit arm usage to routine daily functions such as brushing your teeth, eating, washing and combing your hair.
- Avoid vigorous upper body motion that requires pushing, pulling and/or lifting heavy objects.
- As you heal and soreness subsides, let pain be your guide for your activity level. If it hurts, don't do it.
- Check with your surgeon before returning to work, particularly if your job requires heavy lifting or vigorous activity.
- You may drive if you have not taken pain medicine in 24 hours or more. If you have pain with range of motion, you may choose to have a driver until you have good range of motion without pain.
- Avoid sleeping on your abdomen until all soreness has subsided. You may find sleeping propped on 2-3 pillows more comfortable.
- Avoid sunbathing for 4-6 weeks or until cleared by your surgeon.
- Do not smoke for 6 weeks as smoking delays the healing process.

WOUND CARE:

- You may have several layers of dressings. After 24 hours, you may remove all dressings except the flesh-colored bandages (steri-strips) or clear "tape" (Prineo). Leave either of these dressings in place until your follow up with your surgeon. If either of these dressings comes off, please contact our office for further instructions.
- If you have drain(s), you can expect some drainage at the insertion site. You may place a gauze dressing over this to protect your garment and clothing from any drainage. Change these dressings as needed. **You also need to secure the drain(s) to your garment or clothing to prevent pulling.**

Be sure to allow enough slack in the drain so that there is no tension on the insertion site - you may tape a “safety loop” to your side to help with this.

- **DO NOT PUT ANYTHING ON YOUR INCISIONS EXCEPT SOAP AND WATER UNLESS INSTRUCTED BY YOUR SURGEON!**

NOTIFY YOUR SURGEON IF:

- You have a fever greater than 101 that lasts more than 24 hours.
- You develop excessive swelling, redness or warmth of incisions.
- You experience severe pain not responding to pain medication.
- You develop thick, odorous drainage or bleeding that does not subside.
- You experience shortness of breath.

If you have concerns after hours, contact our office at 417-875-3246 and an operator will page the on-call surgeon for you.