

## **Body Lift Pre and Post Op Instructions**

### **To and From Surgery**

Plan for someone to drive you to and from the surgery center. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. On the day after surgery (you will be spending the night at the surgery center), plan for someone to drive you home; we recommend that you have someone watch over you at home as well. You should not drive yourself for one week after surgery, or until you have stopped taking narcotic pain medication.

### **Diet**

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration. After arriving home from the surgery center, avoid heavy solid foods the rest of the day.

### **Physical Activity**

After surgery you may feel tired, sore, and may have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in some normal activities within a few days of the surgery, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the area which may result in a hematoma. You will also need to walk in a slightly hunched over position, bent slightly at the waist, for five days. Your sleeping position should have you slightly flexed at the waist on your back or side, also for 5 days. These precautions are designed to minimize tension on the wounds. Be mindful that the sutures extend around your back, so when you sit or lie down try to get yourself into a position that doesn't put too much stress on any of the sutures. You must also be extremely careful when sitting on the toilet, as the back wound will be under a lot of tension. You will also be restricted from any heavy lifting for six weeks (anything greater than 15-20 pounds).

### **What to Wear**

Be sure to wear comfortable clothing such as a loose fitting zip up and sweat pants to make it easier to get dressed afterwards.

### **Medication**

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your pain medication as needed. You will be taking antibiotics daily until all of the drains are removed. If you run out before that time, there is usually a refill you can obtain, otherwise call the office for a new prescription. Each person experiences pain differently, but most patients experience the most pain the first day following surgery. If you are having tightening of the abdominal muscles you are required to use Lovenox for one week after surgery. This is a blood thinner injection that will prevent blood clots and pulmonary emboli. This can be injected by you or a caregiver at home.

### **Wound Care & Bathing**

You will leave the surgery center with an abdominal binder (large elastic bandage) and foam padding underneath. The purpose for the binder is as a lever to aid you in sitting up and moving your torso. (It is not keeping the stitched wounds together!) The foam padding may be removed after five days. The binder may be worn as long as you like, but for at least a week. Surgical wounds will be sealed with clear plastic tape. It is normal for bloody fluid to accumulate under the tape or leak out from underneath it. There will also be bruising and some swelling at the surgical sites and because of this it is normal to feel like your pants are actually tighter! Most swelling will be gone after one or two months. The only stitches that need to be removed are around the belly button; the rest are all absorbable.

**Drains:** You will have two drains in your abdominal region and two in your back, and you will need to record at least twice a day how much each one drains. To measure this, uncork the stopper at the top of the bulb and estimate how much is in the bulb by the markings on the outside. To activate the drain, squeeze the bulb and replace the stopper. Notify Dr. Doezie if the bulb will not hold suction (remain collapsed) even with repeated activations. The drains will be removed when the output drops below 40cc within a 24 hour period. Most drains remain for an average of 7 to 10 days. While your drains are in place you may not shower in order to prevent bacteria from entering through the drain site. Bloody fluid often leaks from where the drains exit; do not be alarmed as this is normal. If the bandage gets wet you may change it as needed. Once the drains are removed put antibiotic ointment over the hole and a new bandage at least once a day until it has healed over and is no longer raw.

**Showering:** You must wait until drains are removed before showering. Until then, we recommend sponge baths and washing your hair under the faucet.

### **Follow-Up Visits**

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. A week after the surgery you will come in to our office to have the stitches removed around your belly button. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits.

### **What Bring to the surgery center:**

Photo ID

Credit Card (no personal checks)

### **Other Suggestions:**

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water