

PRE-SURGERY PREPARATION

DO NOT take aspirin or any anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to and 1 week after your surgery.

STOP taking vitamin E and fish oil supplements for 2 weeks prior to and 2 weeks after surgery. A multivitamin is fine as long as it has less than 700 IU per day.

STOP smoking for at least 2 weeks before and 2 weeks after your surgery. Smoking greatly increases your chance of complications.

MAKE ARRANGEMENTS to have someone drive you to and from surgery and to your office visit the day after surgery.

ARRANGE for someone to care for you the first 24-72 hours after surgery.

FILL your prescriptions before surgery. It is not necessary to bring them with you to the surgery center.

SET UP a home recovery area with lots of pillows in a quiet area where you can rest. A recliner is very helpful if you have one.

HAVE light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jell-o, popsicles, etc. Also have plenty of fluids available. Water, dilute fruit juices, dilute Gatorade and caffeine free tea are good choices.

DO NOT eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7 pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your surgery will also help prevent post-op nausea.

WEAR only comfortable, loose-fitting clothes that open in the front to the surgery center. Slippers or slip-on shoes are preferred. For patients having a tummy tuck a robe is best.

DO NOT wear makeup, jewelry, contact lenses or body piercings to the surgery center.

SHOWER and wash your hair the morning of surgery. Wash the area you are having surgery on with Hibiclens (antiseptic cleanser), which will be provided for you at your pre-op appointment. Do not apply any powder, lotion or deodorant after you shower.



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AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

POST-SURGERY: TUMMY TUCK

INSTRUCTIONS

- Take your pain medication as directed.
- Begin your antibiotic the day after your surgery.
- Decreased activity and narcotic pain medication may cause constipation, increase fluid intake and use a stool softener as needed.
- Do not drink alcohol while taking pain medication.
- Sleep on your back with your head elevated and one or two pillows under your knees so that you are bent at the waist.
- Substitute Tylenol (acetaminophen) for your narcotic pain medication as tolerated. For most this is within the first few days after surgery.
- Your compression garment should remain on 24 hours a day for the first week. It should be snug but if it feels too tight or causes pain unzip it. A second garment will be given to you at your one week visit. The length of time a patient wears their garment is determined by several factors so we will let you know when you no longer need to wear it.
- You may remove your white compression stockings the morning after surgery.

ACTIVITIES

- Do not drive for the first week. You may begin to drive in the second week provided you are not taking narcotic pain medication.
- Start walking as soon as possible. Begin by walking around your house for the first few days and then increase activity slowly as your energy returns.
- When walking or standing, keep in a slightly bent position for the first week.
- To avoid excessive swelling or bleeding refrain from vigorous activities, anything that makes you feel excessively tired and no lifting anything heavier than 20 lbs for the first 3 weeks.
- You may begin to take short walks after two weeks and resume exercise in four weeks as tolerated.
- Remember, if it hurts you are probably not ready to do it.

INCISION CARE

- We will remove sutures around the belly button at your one-week visit. All other sutures will dissolve.
- Keep steri-strips covering your incisions clean and dry until they are removed in the office at one week post-surgery. Until this time you may only sponge bathe. Expect a small amount of discharge on the steri-strips.
- After steri-strips are removed you may shower normally and gently wash the incisions with your normal body wash or soap. You may shower even if you still have a drain in.
- Pat the incisions dry and allow them to be exposed to air for a few minutes each day.
- You may pad the incisions with gauze or a sanitary pad for comfort and to absorb any discharge.
- Avoid exposing scars to sun for at least 12 months. Even through a bathing suit a good deal of sunlight can reach the skin so always use a strong sun block (SPF 30 or greater) if sun exposure is unavoidable.



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WHAT TO EXPECT

- You may experience some numbness, tingling, burning, or shooting pains as you heal. This is from your nerves regenerating and these feelings will disappear with time. It is normal to experience soreness, tightness, swelling and bruising for the first month after surgery. All patients heal at different rates so please be patient during this time.
- Usually, the skin of the abdomen remains partially or completely numb for several months or longer. It can take as long as 2 years for sensation to be completely restored.
- Scars may be red and angry looking for 6 months or longer but usually soften and fade with time. We will tell you when it is time to start Scar Guard.

WHEN TO CALL

- If you have increased pain that is not relieved by medication.
- If you have any side effects from the medications such as rash, nausea, vomiting or severe headache.
- If you have a temperature over 101 degrees.
- If you have bleeding from an incision that does not stop with light pressure.
- If you have yellowish or greenish drainage from the incisions after the steri-strips have been removed or notice a foul odor.

FOR MEDICAL QUESTIONS, PLEASE CALL:

- (559) 797-9000, Monday-Thursday 9 a.m. – 5 p.m. and Friday 9 a.m.-noon.
- After hours and on weekends call the office number and Dr. Stefanacci will be paged.



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