



TUMMY TUCK: PRE AND POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

A successful surgery requires a partnership between you and Dr. Arvin Taneja.

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your surgery may have to be postponed or delayed, at the judgment of Dr. Taneja.

This is essential to your health and safety.

THREE WEEKS BEFORE SURGERY:

- Laboratory tests, Medical clearance and EKG (if they are required) must be done. You are responsible for having the written results of this testing arrive at our office ten days before surgery (our fax number is 626-844-0018).
- **SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.**
- Good nutrition. Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your outcome and wellbeing. A healthy, balanced diet is essential.

TWO WEEKS BEFORE SURGERY:

- Do not take any products containing aspirin, ibuprofen (Advil, Motrin), non-steroidal anti-inflammatory medication or Vitamin E. Tylenol is acceptable.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or Nicotine patch. Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and after surgery.
- Please ensure that all laboratory tests and or blood work has been completed by this time as ordered by the physician/nurse practitioner. Our fax number is 626-844-0018.

DAY BEFORE SURGERY:

- Our office will call you after noon to inform you of your arrival time for surgery.
- Pack your bag for the day of surgery. This should include: Your photo identification, all prescription medications, your post-surgical compression garment, reading glasses, warm socks, saltines or other crackers in case of nausea during your ride home.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** (This includes water and gum chewing). Surgery may be cancelled if this is not followed. A fasting state is required in order to receive



sedation for surgery. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.

DAY OF SURGERY:

- Go to 10760 Warner Avenue, Ste 102, Fountain Valley, CA 92708.
- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels or nail polish. You may leave acrylic nails on.
- Please wear loose fitting clothing.
- Do not wear jewelry, including boy jewelry or bring valuables to surgery.
- If you have your menstrual cycle, please wear a feminine napkin. Do not wear a tampon.
- Wear the style of panty or bathing suit bottom that you will be wearing after you recover from your procedure. This is necessary in order for Dr. Taneja to place as much of your incision within your panty line as possible.

POST-OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

COMMON INSTRUCTIONS AFTER SURGERY:

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible). He/she must stay with you overnight and after surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours.
- Do not drive for approximately 10-12 days and while you are taking pain medication.
- Avoid any activities that cause pain or discomfort.
- Limit your activities for the first 24 hours after surgery. Walk for short distances during the first 24 hours after surgery. You may not be able to stand straight up for the first week. This is normal. By the second week you will gradually notice that you are able to stand more upright. Keep your hips flexed while in bed for the first week or so to prevent excess tension at the surgical site.
- Pump legs while lying down to prevent blood clots. You will be wearing supportive stockings consistently for the first 2 weeks after surgery.
- Resume activities slowly. You may feel tired for the first few days. Avoid heavy lifting, bending and straining for 4-6 weeks. You may resume all activity after six weeks.
- Take all medications as instructed.
- Swelling and bruising are normal. It is expected to take between 3-6 months to see your final results.
- Drink plenty of fluids (8-10 glasses/day) for the first couple of weeks after surgery as this will help you to remain well hydrated and reduce swelling.
- If you have not urinated after 6 hours of being home from surgery, please contact our office.
- After surgery it is common that you will have a drain at the surgical site. Drains help to remove excess fluid from the abdomen. The amount of drainage will determine how long the drain will be



left in place. Follow the separate instruction sheet on drains that will accompany your paperwork post operatively.

- You may change the absorbent gauze pads that are placed at the surgical site as needed to help keep the incision clean and dry.
- A surgical garment will be applied immediately after surgery. This is to be worn continuously for the first week. After one week, you may remove the garment to shower. After showering, the garment must be placed back on and worn for six weeks. You may want to use a funnel to direct the flow of urine when using the bathroom to keep the garment as clean as possible.
- You will notice some surgical tapes placed over your incision. If they get wet from showering, you may help them to dry by using a blow dryer (cool setting). Leave tapes in place as they will fall off on their own. After this, massage the Scar Balm into the incision to aid with healing.
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with SPF 20 or greater to help decrease the visibility of the scar.
- Avoid getting into pools, lakes, beaches, Jacuzzis, saunas and tanning for 3-4 months. This may be extended due to wound healing.
- You may resume sexual intercourse after 3 weeks.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any other concerns.

Office Telephone: 626-844-0555

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Patient Name (print): _____ Date: _____

Witness Signature: _____ Date: _____