THE DAY OF YOUR ABDOMINOPLASTY/LIPOSUCTION

What to Expect On the Day of Tumescent Liposuction

When you arrive on the day of your surgery, please check in at the front desk. Once you are in, you will be taken in to one of our offices to sign your surgical consent forms, and take a pregnancy test. Upon the pregnancy test revealing a negative result, you will then be asked to change into a surgical gown, and be lead to the operating room. The physician will then mark you. After marking all of the treated area, the physician will then take pre-operative photographs, at different angles. Next you will lie down on the surgical table and the nurse will explain to you the various positions the physician may require you to assume during the procedure. It usually takes about 30-45 minutes after arrival before the surgery begins, so at this time it may be a good idea to practice the position before the surgery, and will help the surgery run much smoother.

For safety reasons, as part of our protocol, an intravenous (IV) may be placed in your arm. This allows the physician to inject medication immediately if it is needed. It is rare that the IV access will be used, but as a precaution, it placed on all patients routinely. You will also have a blood pressure cuff on your opposite arm, and cardiac monitor leads are placed on your chest.

Next, you are ready to be injected with lidocaine in the areas to be treated, numbing you, and allowing the filtration of the tumescent anesthetic solution. After you have been numbed, a large volume of dilute tumescent anesthetic solution is carefully injected into the targeted fat. As soon as the area has been infiltrated with the anesthetic solution, the breast tissue should be completely numb. Infiltration of the anesthetic solution takes time and can often take as long as the procedure itself.

When a sedative is given to the patient, the local anesthesia tends to be more effective, versus when and intravenous sedative is used. A patient, who is too sedated, sometimes will not realize it an area is not anesthetized, and will then end up feel more pain when the procedure is actually done. In short, minimal sedation actually will help maximize the patient's comfort.

After the procedure, the patients are offered a snack and something to drink. Pads are the placed all over the incisions, to absorb any drainage. The incisions are than stitched as required. After the pads being placed, the IV access is discontinued and a support garment is then put on. After the garment is on, you are ready to go home. You will not feel any soreness for several hours, due to the tumescent local anesthesia. Even if you feel well after surgery, you do not drive yourself home. The anesthetic causes drowsiness, so you are not to drive.

The effects of the Tumescent Local Anesthesia should last anywhere from 18 to 36 hours. If you feel pain, Tylenol is enough to treat any discomfort. If for any reason, you feel that Tylenol is not enough, please contact the physician.
EXPECTED OUTCOMES, RISKS & BENEFITS

**Risks of Tumescent Abdominoplasty/Liposuction:**
As with any surgery, there is always the risk of a complication. Infection, bleeding, scarring or even serious injury, can be one of many risks of surgery. However, surgeries performed under Tumescent Local Anesthesia have an excellent safety record.

One of the reasons, surgeries are so safe under Tumescent Local Anesthesia, is because you have none of the risks and complications of general anesthesia, nor do you need sedation via IV. Greater risks of abdominoplasty have always been where there is the use of general anesthesia.

Patients can help reduce the chances of complications by informing the surgeon of any medications they are on, including over the counter and herbal remedies. Many medications, even those that are over the counter, can affect the surgery adversely.

**Scarring:**
Scarring varies patient to patient. Some patients experience temporary hyper-pigmentation (darkening) that usually will fade after several months. The common person would not notice them unless you were to point them out. Some patients’ scar may hypertrophy. We recommend Mederma to help reduce thickness of scar.

**Stretch Marks:**
An abdominoplasty does not eliminate stretch marks. It may reduce the appearance, but not the less does not remove them.

**Post-Operative Healing:**
During the healing process, it is not unusual to feel a significant amount of muscle soreness and burning sensation during the first few days following surgery.

Skin sensitivity includes feelings of pressure, swoleness, burning or numbness. These feelings are associated with nerve and tissue injury but are expected to be temporary. If symptoms of pain or numbness last longer than 6 months, this may represent permanent nerve injury and are a known complication of your surgery.

**Realistic Expectations:**
You cannot expect perfection. Abdominoplasty/Liposuction under Tumescent Anesthesia will give you amazing results, but not perfection. It is impossible to guarantee the amount of improvement you will have as a result of the abdominoplasty.

Patients should have an open mind and not unrealistic expectations. Patients can usually expect an improvement of 50%, sometimes even more, but again must be realistic. Our patients generally improve more than 50%, but once again, following the surgeon’s instructions and having a realistic expectation will maximize the results of your surgery.
**PRE-OP & POST-OP INSTRUCTIONS**

**Medication Precautions For Surgery Patients**
1. **Do not take ASPIRIN** (Anacin, Bufferin, or Baby Aspirin) or **IBUPROFEN** (Advil, motrin, or Nuprin) or **NAPROXEN** (Aleve) or any other Non-Steroidal anti-inflammatory Drugs (NSAIDS) similar to these medications, for 10 days before surgery: These will promote bleeding and bruising. It is permissible to take acetaminophen (Tylenol or Anacin-3).

2. **Do not drink alcohol for one week prior to surgery**, this might cause excessive bleeding.

3. **Do not take decongestants such as Sudafed or Actifed for 5 days before surgery. Do not take appetite suppressants** such as *phentermine* (Fastin) for at least 2 weeks before surgery. **Do not take Zoloft or other antidepressants** and all **herbal remedies**, unless specifically approved by your surgeon, for two (2) weeks before surgery.

**Instructions Before Surgery**
1. **Do not drive home.** Arrange to have someone drive you home from the Novoa MedSpa after the surgery.

2. **Do not wear** unnecessary jewelry, no perfume (deodorant is OK), and minimize used of cosmetics

3. **Have a good meal before surgery.** You should eat a light, low fat meal, such as toast and juice, fruit, dry cereal and/or non-fat milk no less than two hours prior to surgery. Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Please minimize caffeine the day of surgery. You will be given a snack as soon as surgery is complete.

4. **Healing from Abdominoplasty/Liposuction surgery** is an individual matter, but in general you should plan to miss a week or two of work as part of your abdominoplasty recovery period. Some patients will require up to four weeks of tummy tuck recovery time. Although it takes most patients several weeks or more to feel completely “back to normal” and to see their final tummy tuck benefits, patients who were in good physical condition at the time of the surgery will have a shorter tummy tuck recovery time.

5. **Changing your dressing** the morning after surgery is easier if you have someone to help you.

6. **Bring loose clothing on the day of surgery.** There is a usually quite a lot of drainage of slightly blood-tinged anesthetic solution after surgery. Since this drainage might stain clothing, we suggest that you choose your clothing with this in mind. Because we will apply elastic support garments on top of some bulky absorbent gauze padding your clothing should be very loose, and comfortable.

7. **Bring warm socks** to prevent cold toes during surgery. If you tend to get cold hands, you are welcome to bring clean mittens (no leather gloves) to wear during the surgery. The operating room is kept relative warm, about 72 to 75 F.

8. **Do not use moisturizers** or soap that contains moisturizers for at least a week before surgery. The ink markers used to outline the areas on your body to be treated by liposuction will rub-off too easily if you have recently used a moisturizer.

9. **Do not fast or undergo dramatic weight loss** just prior to surgery. All patients should be on a stable, healthy, well balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, poor wound healing.

10. **Bring music to relax by:** Patients usually enjoy listening to soothing quiet music during surgery. We have a large selection of compact discs (CDs). If you have any CD, which you would like to share with us on the day of surgery, you are welcome to bring them with you. Please label the plastic case that holds your CD so that we will know to whom it belongs.
Instructions After Surgery

1. **Going home:** You should not plan to drive yourself home. It is recommended that you have a responsible adult to be with you on the day of surgery. Diet: Resume your usual diet immediately, but eat light meals in the first 48 hours. Drink adequate amounts of water, fruit juices or soft drinks to prevent dehydration. Avoid drinking alcoholic beverages for one week before surgery and 48 hours after surgery.

For the first few days following a Tummy Tuck, expect some degree of swelling in the abdominal region. Furthermore, it is likely that the patient will experience some pain and discomfort, which may be controlled by various pain medications.

In an effort to reduce any pain and discomfort associated with a tummy tuck, it is common that two to three days of bed rest is recommended. During this time, the doctor suggest that the patient keep their legs slightly bent at the hips to reduce the amount of strain placed on the abdominal muscles. The surgeon will provide additional instructions for various activities such as showering, changing the surgical dressings and walking. It is frequently recommended that patients walk as soon as possible, even though they may not be able to stand straight up initially. Stitches and sutures are typically removed within the first five to seven days following surgery. Deeper sutures with ends that protrude through the skin, those used at deeper levels under the skin, will come out in two to three weeks.

2. **Post-Op analgesic garments:** After surgery you will be dressed in a compression garment and binder in order to hold the absorbent pads in place and to provide mild compression that encourages the drainage of the blood-tinged anesthetic solution. The morning after surgery, when the garments are first removed in order to take a shower, The patient may experience a brief sensation of dizziness. Removing the first or top garment 15 minutes before removing the second garment may prevent dizziness.

3. **Managing Post-Op drainage:** You should expect a large volume of blood-tinged anesthetic solution to drain from the small incision during the first 24 to 48 hours following tumescent abdominoplasty. You will have 2 drainage tubes draining in 2 different bulbs. Once bulb is filled, you need to remove and drain the bulb then reattach maintaining negative suction. In general, the more drainage there is, the less bruising and swelling there will be.

4. **Wound care and bathing:** Keep incisions clean. Do not allow scabs to form in the first 72 hours. Shower once or twice daily. Avoid very hot water during the first 48 hours following surgery. First wash your hands, then wash incisions gently with soap and water; afterwards gently pad incision dry with a clean towel. Apply new absorbent dressings, when incision have stopped draining no longer need padding, but should be cover with Vaseline or Aquaphor in the first six weeks. Take antibiotics as directed until the prescription is finished. Take antibiotics with food. Call our office if you notice signs of infection such as fever, foul smelling drainage, or focal redness, swelling, and pain in a treated area.

Doctor agree that beginning a regular regime of light exercise about a week after surgery can help you heal faster and more completely. Walking is usually the best exercise to engage in after surgery, but other forms of non-aerobic exercise may also be acceptable. A gentle exercise plan that has been pre-approved by your doctor can help reduce swelling, prevent blood clots, and strengthen you immune system. Remember to avoid all strenuous exercise for six weeks after surgery. During your tummy tuck recovery time, you will need to pay special attention to your body’s physical limitations to avoid reopening your wounds and increasing the time needed to fully heal from surgery.

5. **Common side effects:** One of the common side effects will be menstrual irregularities. It may be premature or delayed. Flushing of the face, neck and chest is another common side effect, and can last for up to 2 days after surgery. Discomfort and soreness will be worse the day after surgery but should continue to improve daily. Here the use of girdle has proven very effective in minimizing soreness and swelling.

6. **Follow-up:** You will be seen in our office for at least the next 6 weeks. Most important, please call our office if you have any questions.
Several factors are involved in a patient's abdominoplasty recovery, including the patient's overall state of health and physical fitness at the time of surgery, which type of abdominoplasty surgery was performed, and the patient's cooperation with the surgeon's post-operative guidelines. Many patients are anxious to view their final tummy tuck results, and it is not uncommon to be frustrated by the abdominoplasty recovery process. Keep in mind that abdominoplasty surgery involves the removal of a significant amount of skin, the tightening of muscles, and, if liposuction is combined with the abdominoplasty surgery, the extraction of fat. Your body needs time to recover and adjust to these changes.

**Tummy Tuck Recovery Time**

Healing from tummy tuck surgery is an individual matter, but in general you should plan to miss a week or two of work as part of your abdominoplasty recovery period. In the first few days while healing from tummy tuck surgery, it's likely that you'll experience some discomfort, swelling, and pain, which can be made tolerable with medication. Many surgeons will also provide their patients with tummy tuck drains. It's common for tummy tuck surgeons to recommend a few days of bed rest.

Some patients will require up to four weeks of tummy tuck recovery time. Although it takes most patients several weeks or more to feel completely “back to normal” and to see their final tummy tuck benefits, patients who were in good physical condition at the time of the surgery will have a shorter tummy tuck recovery time.

**Healing from a Tummy Tuck - The First Week**

The stitches/staples from abdominoplasty surgery are usually removed within five to seven days of the surgery, or in stages. The surgeon will give you guidelines for activities such as changing the surgical dressings, showering/bathing, and walking. It’s usually recommended that tummy tuck patients begin walking as soon as possible after the surgery, as gentle exercise helps the healing process and can prevent the formation of blood clots.

Scars will eventually fade but initially will look worse during the first few months. It takes time for the skin to flatten out and become less noticeable. It would not be unusual for it to take up to a year for the scars to be less noticeable. The extended tummy tuck is also referred to as a body lift.

**The First Few Weeks Following Surgery**

Many surgeons will provide patients with a compression garment or “abdominal binder” to wear under their clothing for several weeks after the surgery. You may also be required to wear elasticized stockings for a short period while you are healing from tummy tuck surgery to decrease the risk that blood clots will form in the legs.

Many doctors agree that beginning a regular regime of light exercise about a week after surgery can help you heal faster and more completely. Walking is usually the best exercise to engage in after surgery, but other forms of non-aerobic exercise may also be acceptable. A gentle exercise plan that has been pre-approved by your doctor can help reduce swelling, prevent blood clots, and strengthen you immune system. Remember to avoid all strenuous exercise for six weeks after surgery. During your tummy tuck recovery time, you will need to pay special attention to your body's physical limitations to avoid reopening your wounds and increasing the time needed to fully heal from surgery.