

MOUNTAIN VIEW COSMETIC SURGERY, LLC
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ABDOMINOPLASTY

Pre-operative Instructions

1. Do not take aspirin or anti-inflammatory medications for 10 days before surgery as this may increase the risk of bleeding. Tylenol is acceptable.
2. If your surgery is done as an outpatient, you will be given prescriptions that need to be filled in advance. Do not take them until after your operation.
3. Bring a soft supportive garment with you to the hospital. Lycra tights, bike shorts, etc. work well. Wear comfortable clothing to the hospital.
4. If you are going home the day of surgery you will need a driver and someone to take care of you the first 48 hours.

Post-operative Instructions

1. You may have 1-2 drains in place and will be instructed at the hospital on care, emptying, etc.
2. Notify Dr. Quinn if any of the following occur:
 - ◆ Temperature over 101 degrees or chills
 - ◆ If a bulb completely fills after emptying and /or dressings are sloppy wet with blood.
3. You may remove dressings and shower 48 hours after surgery. Pin bulbs to underwear for showering. Replace foam (optional) on abdomen and continue to wear supportive garment until first office visit.
4. It is common to experience swelling and discomfort. Do not apply ice packs or heating pads to the abdomen.
5. Take medications with food to decrease stomach upset. If narcotics cause nausea and/or vomiting, discontinue use and try Ibuprofen or Aleve.
6. It is O.K. to use Ibuprofen or Aleve in between doses of other pain medications. Try to wait at least two hours between any medication doses.
7. You may begin driving when you are no longer on narcotics.
8. Make a follow up appointment for 6-8 days following surgery.