

# Hurwitz Center for Plastic Surgery

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## Bodylift Instructions

### Before your operation:

1. **No aspirin or medication containing aspirin for two weeks prior to your scheduled surgery.** These products may interfere with blood clotting. For pain, you may use Tylenol. No large doses of Vitamin E for two weeks. This product may also interfere with normal clotting. Please review the enclosed **Medication to Avoid Prior to Surgery** sheet.
2. Use a germ-inhibiting soap for bathing, such as Dial or Safeguard, for at least one week prior.
3. **NO SMOKING.** Nicotine causes peripheral vasoconstriction, which may cause skin necrosis (death) along the suture line. This also includes the use of nicotine supplements.
4. Report signs of a cold, infection, boils, or pustules appearing one week before.
5. Arrange for a responsible adult to drive you home and to stay with you for the first 24 hours
6. Maintain bowel regularity in the days before.
7. Shop the e-store on [www.hurwitzcenter.com](http://www.hurwitzcenter.com) for nutrients, supplements and garments with our assistance. We strongly recommend your purchase from our e-store ProMend AGB perioperative Nutritional Support, multivitamins and Iron.
8. For any questions please call weekdays between 8:30 a.m. and 5:00 p.m.

### Night before your operation:

1. The hospital will call to tell you arrival time (which may differ from the time the office told you).
2. Clear liquid dinner and Fleets enema at bedtime. You may repeat the Fleets enema in the morning.
3. Wash abdomen, perineum and all anticipated operative areas with antibacterial soap.
4. Nothing to eat or drink after midnight unless directed otherwise by the hospital

### Day of you operation:

1. Nothing to eat or drink except for medications deemed necessary by your PCP or surgeon
2. Wash abdomen and perineum with antibacterial soap. Shave the pubic and axillary regions.
3. Wear comfortable, loose fitting clothes.
4. Take no medications or herbal remedies unless instructed by PCP or plastic surgeon.

5. You must have a reliable adult to drive you home after your surgery and stay for first 24 hours.

**After your operation:**

1. Limit your activity for 1 week. Start with bed to chair transfers for the first 24 hours with a gradual increase in walking. Bed is arranged in a lawn chair-like position (head up on at least 3 pillows and knees elevated on at least 2 pillows) for one week to relieve tension on incision line. Go to the bathroom with assistance.
2. Take medications according to instructions on the bottle. When taking strong narcotics for pain, (Vicodan ES or Percocet) you may feel "spacey" or drowsy, excessively tired or nauseated. So have a responsible adult give you your medications according to the proper time intervals. Narcotics can also constipate you and inhibit bladder function. Withhold these pain medications if you have any of these adverse effects and take tylenol.
3. Oral antibiotics may cause diarrhea or vaginal infections. Stop your antibiotic and contact us if you develop these problems. Twice a day serving of yogurt lowers the risk of diarrhea.
4. Resume your Arnica and Bromelain tablets immediately.
5. Most sutures dissolve and the remaining are removed in 10 - 14 days.
6. Keep a daily record of fluid in the drain bulbs as advise from the hospital nurse Drains will be removed about 10 days, depending on the amount of fluid. Persistent fluid accumulation requires aspiration and possible reinsertion of a drain for another week. ..
7. Do not stand straight for a week or so to decrease tension on the incision line.
8. The garment is worn continuous for 5 days and then only during the day time for 1 month. After the first week, you may use a firm-fitting, high-waist girdle or similar garment.
9. Signs and symptoms of complications:
  - a. Severe, unrelenting abdominal pain
  - b. Excessive or asymmetrical swelling
  - c. Fever above 101 degrees
  - d. Redness or bluish discoloration of the skin flap or abdominal area
  - e. Excessive bloody or pus drainage
10. First office visit is 1 week.