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## INSTRUCTIONS FOR BODY CONTOURING SURGERY

### PRE-OPERATIVE INSTRUCTIONS:

All patients having abdominoplasties must get and bring to the office a **long line bra** (the old-fashion, corset style bra available at large department stores or here in Englewood, at *Adele and Agnes*). Remember that after surgery you will be somewhat smaller so you should buy one that is snug. It should be rear closure with hooks and eyes. Do not get a front closure bra.

You will receive and need to fill the following **prescriptions** prior to your procedure.

**Valium**, a relaxed patient just heals **faster**.

**Percocet**, to be used for severe pain only. This medication can be taken every 6 hours, however, some patients may experience nausea or constipation so we encourage Tylenol for pain.

**An antibiotic** for prophylactic treatment.

**Zofran**, for post-op nausea if needed, place under tongue.

*you will also need from the pharmacy prior to your procedure... Tylenol ES*

### POST-OPERATIVE INSTRUCTIONS:

**DIET:** Start with fluids in a small amounts and work your way up to **drinking about one gallon of fluids daily**. Cocoa-Cola, ginger ale and Gatorade are good things to drink. No DIET!

Avoid citrus juices, dairy and coffee the first day as they may cause nausea.

Start eating slowly with bland, easy to digest foods such as clear soups, toast with jelly, Jello, or crackers. When you can tolerate these foods, you can start working your way into other foods.

**ACTIVITY:** You should avoid any strenuous activity until otherwise instructed. **Getting up and moving around the house is encouraged but don't over-exert.**

**GARMENT:** You should **wear your garment 24 hours per day** unless otherwise instructed. It is expected that you will have drainage from the incision line. This is mostly the fluid that was injected during the surgery mixed with a little blood. It is not necessary to worry about the garment being cleaned until after your first visit back to the office. You may experience some swelling of the hands, feet or ankles depending which areas were liposuctioned. You should elevate the area to help this swelling resolve. This may take a week or more.

**DRAINS:** You may or may not have drain(s) post-operatively. A drain is a thin tube with a bulb on the end. When compressed it creates a vacuum to suction fluid from the surgical site. The bulb will then collect the fluid. You will need to **empty the bulb every 8 hours** by removing the stopper located at the top of the bulb next to the tube. Record the amount of fluid in the bulb in relation to the numbers on the side of the bulb and empty contents into the sink or toilet. Re-compress the bulb, re-seat the stopper and re-pin the bulb to your garment. **DO NOT DROP THE BULB AS IT COULD BECOME DISLODGED AND INEFFECTIVE. *If you have a pain pump, only activate the drain for one hour every four hours.***

**SHOWERING:** **Do not shower or take a bath** until you are instructed to do so by Dr. D'Amico.

I acknowledge receipt of these instructions and have had all my questions answered.

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Signature

Date

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Signature

Date