

# Cruise Plastic Surgery

180 Newport Center Drive, Suite 150, Newport Beach, CA, Phone: 949-644-4808, Cell: **949-310-8055** Back up: **949-266-4018**

## PRE - & POST- OP INSTRUCTIONS

TIME FOR SURGERY: 2 - 4 HOURS

ABDOMINOPLASTY ("TUMMY TUCK")

RECOVERY TIME: 2-4 WEEKS

### BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking at least 6 weeks prior to surgery as nicotine can impair and delay wound healing.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Gingko and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
4. Let the doctor know of all medications taken daily.
5. Let the doctor know if you develop an illness, cold, or any skin infection in the abdominal area within a week of surgery.
6. Arrange for someone to drive you to and from surgery, as well as to stay with you postoperatively to help with activities and daily living, i.e. walking, going to the bathroom. The first night you will most likely stay overnight at either surgery center or recovery retreat; at this point the pick up will be the following day.
7. Shave the entire top part of the pubic area one week before surgery.
8. If you get sick or have an active infection, please contact the office prior to surgery.
9. Make sure all requested labs and doctors' clearance are delivered to Dr. Cruise's office on time.

### THINGS TO PURCHASE BEFORE SURGERY

1. **Medications.**
2. **Garment.** You will be provided with one compression garment. Additional garments may be provided at an extra cost. You may also purchase a girdle/waist shaping garment at a sporting goods store, Macy's in the body shaping section, or on our web site at [www.CruisePlasticSurgery.com](http://www.CruisePlasticSurgery.com). The girdle should be snug fitting but not too tight because after surgery you'll be swollen.
3. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
4. **Surgical tape for incisions.** Will be provided at your follow up.
5. **ABD PADS, Gauze, Chucks, Alcohol Swabs, and Neosporin** may be purchased at any pharmacy or at our office at your pre-operative appointment as a part of your Surgical Kit.



### Optional

1. You may consider buying an **elevated toilet seat** and arrange for a **step stool** to help you get in and out of the bed.
2. **Shower chair** might be useful after surgery as you will get tired very quickly.
3. **ScarLess®.** ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You may purchase ScarLess® at our office as a part of your pre-operative kit.
4. **Arnica** - Arnica is an herb that promotes faster recovery by reducing bruising and swelling. You may purchase Arnica at any health food store or at our office as a part of your Surgical Kit. **\*People with high blood pressure should not take Arnica.**

### THE DAY OF SURGERY

1. Do not eat for 8 hours and don't drink for 6 hours before surgery. You may brush and rinse your teeth and take your medication with an ounce of water, but do not eat or drink anything.
1. **Female patients only** - please do NOT urinate the morning of surgery as a pregnancy test will be administered at the surgery center.
2. Shower and clean the surgical area thoroughly especially the belly button.
3. Do not bring any jewelry or valuables with you on the day of surgery.
4. Remove acrylic nails and leave nails clean and clear of polish.
5. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses and dentures before surgery.
6. Take 2 pills of Celebrex 1-2 hours before surgery.
7. Pack your bag before you leave to the surgery center. This should include:
  - all paperwork
  - reading glasses
  - your identification
  - warm cotton socks.
  - all medications
8. Arrive 1 hour before surgery as instructed during your pre-op appointment.

### AFTER SURGERY

1. To prevent nausea, take Zofran as directed.
2. Keep surgical area clean and dry at all times.
3. Listen to your body. If you are tired, rest. Discomfort during recovery is often a sign of overexertion.
4. Rest and sleep in a reclined position at approximately 45 degree angle. Use ice packs, frozen finely broken up peas or corn constantly for at least the first 3 days, 15 minutes on 15 minutes off. Do not put ice directly onto skin because you will have decreased sensitivity.
5. Adjust Garment every 2 hour to make sure it doesn't buckle into your skin.
6. Sleep at 45 degree angle for the first 5 nights to take away tension from your incision.
7. Walk every hour for at least 5 minutes while awake for the first two days. Avoid stairs.
8. Try to walk in a slightly bent forward position for the first 7-10 days.
9. Take all medications as directed. If you need a refill on pain medications call the office. Do not drive while on pain medications or if you feel impaired in any way.
10. Empty drain as directed in Drain Care Instruction and Log.

#### WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. It is common for women to experience a couple of days of mild depression. This will pass as you regain your strength.
3. Standing straight will be difficult for about 1 to 2 weeks. You may also experience some temporary lower back pain due to this bent posture.
4. Your healing incision lines may itch a little. Avoid scratching them. You may use some cortisone cream around it.
5. If you develop rash on your skin, it may be caused by either the medications you are taking or the garment. Call our office if that occurs so we can advise you how to proceed.
6. You may experience some numbness. Remember not to put ice or anything hot directly onto skin because you will have decreased awareness of temperature damage.
7. The scar may become thick and puffy as it heals. The scar will flatten out within 6-12 months. After one year, if the scar is more noticeable than desired, you may discuss scar revision with the doctor.
8. Remember it may take up to 3-4 months to completely get your energy back. Do not get frustrated if you get tired easily.

#### WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following:

- a temperature of 101°F or higher,
- increased local redness or warmth,
- chest pain,
- shortness of breath,
- legs swelling or calf pain
- a large amount of leakage around the drain
- a marked increase in drainage output (double your usual flow)
- increased heat, redness, or tenderness around the insertion site
- rash
- if you feel that anything might be wrong.

Please call the office during regular business hours @ 949-644-4808 after page Dr. Cruise @ 949-310-8055. If either of the previous numbers fail please call our Back-up line 949-266-4018.

#### POST-OP VISITS AND CARE SUMMARY

Concern	Instructions
<b>Blood Clot</b>	<ol style="list-style-type: none"> <li>1. It is important to walk at least 5 minutes every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every hour. Avoid stairs.</li> <li>2. Pay specific attention to Leg Swelling. If you notice swelling on only one leg or calf pain contact the office.</li> </ol>
<b>Skin Viability</b>	Observe your skin, especially for deep purple color below belly button.
<b>Fluid collection</b>	<ol style="list-style-type: none"> <li>1. Watch for fluid wave-seroma</li> <li>2. Severe bruising with significant swelling-hematoma</li> </ol>
<b>Drain function</b>	<ol style="list-style-type: none"> <li>1. Make sure the drain is functioning properly.</li> <li>2. Use instructions below to take care of the drain.</li> <li>3. Note - the drain is somewhat uncomfortable but it is absolutely necessary to prevent fluid accumulation.</li> </ol>

<b>Garment Placement</b>	<ol style="list-style-type: none"> <li>1. ADJUST GARMENT/BANDAGE EVERY 2 HOURS. This may mean undoing and repositioning the binder. You should have <b>gentle</b> compression. Make sure the binder stays flat on your stomach at all times. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow.</li> <li>2. At one week start wearing girdle/waist shaper under the binder. The girdle should be snug but not too tight. Wear both for 6 weeks or as instructed by Dr. Cruise.</li> </ol>
<b>Constipation</b>	<ol style="list-style-type: none"> <li>1. If you are constipated at day 2 stop taking your pain medication (Darvocet/Vicodin).</li> <li>2. Encourage walking, drink a lot of fluids, consider laxative (Ex-lax or Correctol).</li> </ol>
<b>Fever</b>	Make sure to cough and deep breath as fever is usually in lungs for the first 3 days after surgery.
<b>Activity</b>	<ol style="list-style-type: none"> <li>1. <b>Walk every hour</b> while awake for the first two days. Avoid stairs.</li> <li>2. Try to walk in a <b>flex forward</b> position for the first 7-10 days to take away tension from the incision.</li> <li>3. You can take a <b>cool shower</b> the day after. Hold drain(s) in shower (you may put a string around your neck and clip the drains to it). Allow clean water to run over drain entrance into the body. Dab dry. Apply small amount of Neosporin on drain entrance. Make sure you have someone helping you or at least present while you shower.</li> <li>4. It is important <b>not to move</b> or <b>rotate abdomen</b> for 4 weeks. Bend with knees do not bend with abdomen. Turn entire body do not rotate abdomen. Do not walk too much.</li> <li>5. Most people start <b>driving</b> at about 5-7 days. Do not drive if you are on pain medication.</li> <li>6. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do. You can start doing sit ups at 8 weeks if there is no pain. You can exercise areas other than your stomach at 4 weeks.</li> </ol>
<b>Wound Care</b>	<ol style="list-style-type: none"> <li>1. Your gauze will be changed at your follow up visit. You may change it at home if needed.</li> <li>2. Make sure your garment is placed correctly.</li> <li>3. Keep surgical area clean and dry at all times.</li> <li>4. Your steri-strips will be taken off at about 2-3 weeks.</li> <li>5. Re-apply surgical tape to incision approximately every 7-10 days for about 10 weeks.</li> <li>6. ScarLess® - start using 10 weeks after surgery when taping of the incision is discontinued; apply twice a day on incision, let it dry or blow dry it.</li> </ol>

## DRAIN CARE INSTRUCTIONS AND LOG

Drain care is required 3 times per day immediately following surgery. Follow these instructions explicitly and record drainage as required, below. **You must do this 3 times per day, and at any time the drainage bag is more than 1/3 full.** You will be required to submit the drain log to Dr. Cruise for your patient record.

1. Wash your hands well with anti-bacterial soap.
2. Open cap on the drain bulb. Pour out drainage into a clean **measuring cup**. Record the amount of drainage and time of day as indicated. Dispose of drainage in the toilet and flush.
3. **Squeeze bulbs tight.** Replace cap.

Once you have measured your fluid drainage, you must **"milk" or strip the drain tubing**. This is done to prevent small clots from blocking fluid flow.

4. To do this, hold the tubing securely at the skin site with one hand. With the other hand, pinch the tubing between your thumb and index finger and apply firm pressure as you strip the tubing towards the bulb.
5. If the tubing and bulb come apart, wipe the ends with alcohol and reconnect. Squeeze the bulb again and replace cap.

### Cleansing the Drain Site

Once per day or as instructed, change gauze around drain sites. Change the gauze more often if it becomes saturated. Check the skin around the drains for leakage or redness (a slight redness immediately around the tube is not unusual). If there is leakage, begin milking the tubes downward towards the bulb and continue milking every hour until leakage slows down. **Bacitracin/Neosporin around the drain insertion site.** Attach the drainage bag to your clothes so that there is no tension on the insertion site.

### Additional Instructions

- Always secure the drain to your clothing so that there is no tension on the drain at the incision site.
- Do not cut the drains.

- Keep tubes connected to the bulbs.
- Check that the bulb is always deflated (or flat).

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Patient Signature

\_\_\_\_\_  
Date

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Representative of Cruise Plastic Surgery