

AU PLASTIC SURGERY, PLLC
VICTOR K. AU, MD
General Preop Instructions

Items to purchase and important reminders have been boldly typed.

- 1) **FOOD** For the few meals before surgery it is best to avoid heavy foods or solids. **Nothing is to be taken by mouth after midnight** the evening before surgery. For tummy tuck patients it is advised to eat lightly 2 days before surgery, then take some **Dulcolax or Metamucil and Milk of Magnesia** 2 days before surgery and then **only liquids** the day before surgery to avoid constipation after surgery. Take plenty of fluids to avoid dehydration.
- 2) **MEDS** Your prescriptions for pain and nausea medicine and an antibiotic have been written for you. **Do not take** any aspirin-containing medications or others like Motrin, Aleve or similar medications as listed on the sheet given to you for the 10 days before surgery till about 10 days after. These can cause bleeding. You can take Tylenol, but then you cannot take the prescribed pain medication as it also has Tylenol mixed in with a narcotic. The narcotic can cause drowsiness so you cannot then drink alcohol, drive a car or operate machinery for at least 4 hours after taking it. Don't take the antibiotic unless instructed to do so by the Doctor. **If you have been prescribed a blood thinner (Lovenox), bring these to the surgery center with you**, and one will be used on the day of surgery. The remaining doses will be used on the days following surgery.
- 3) **BIRTH CONTROL PILLS** If you have been taking these for more than a year then you need not stop. If you have been **taking them for less than a year then stop taking them** at least 2 weeks before surgery. These increase the risk of blood clots in the veins and the complications related to blood clots, such as pulmonary embolism (blood clots going to the lungs, causing severe medical problems). It might be best to time your surgery to avoid the bleeding of your menstrual cycle during the surgery and post op time.
- 4) **SMOKING** Smoking or second hand exposure to cigarette smoke can be harmful to the healing process and lead to skin loss or worse. **Absolutely NO smoking, not even a single cigarette**, is allowed for a month before surgery till a month after surgery for any type of lift, such as a breast lift, tummy tuck (abdominoplasty), arm lift, or thigh lift. It is also not allowed for gynecomastia surgery (male breast reduction). Smoking has a profound effect on the results, and **smoking will result in cancellation and postponement of surgery**.
- 5) **POSTOP CARE** For the first day or so you can use **ice packs** on the operated areas to reduce swelling or pain. They should not be in contact with the bare skin.
- 6) **DRESSINGS AND WOUND CARE** You will need to get some dressings. Obtain **sterile 4 inch gauze pads for breast augmentation or breast lifts**. You will need **larger pads for tummy tucks and liposuction**, such as **sterile Surgipad** combined dressings, and some **paper tape** to keep it in place. Use the minimal amount of tape to prevent tape irritation. **Polysporin or Bacitracin ointment** is recommended on the wounds and around the exit site of any drainage tubes, but apply sparingly, and use less as time goes by to prevent irritation. Neomycin containing ointments (such as Neosporin) are less desirable due to increased irritation.
- 7) **DRAIN INSTRUCTIONS** (if any) This section is here to prepare you for using the drains. These are devices used to empty fluid which might accumulate in your wounds, and are used on all tummy tucks, and a few other procedures where a space is left after surgery. They are rarely used in breast augmentation, breast lifts, or breast reductions. Empty the suction drains of fluid every 4 hours while awake, measure the amount that you see in the drains, and write this on a piece of paper. Please bring the paper with you to your office visits. After measuring the amount discard the fluid, and then renew the suction by squeezing the bulb to empty the air before recapping it. The fluid may be somewhat bloody at first, but not massive in volume, and it should become more watery with time. It should not be creamy yellow.
- 8) **PROBLEMS** Problems to look out for **before surgery: colds, coughs, fever, boils, cold sores, infections, diarrhea**. If you think you have any type of cold or infection before surgery, call us. It might be safer to postpone the surgery till you have recovered. Problems after surgery: fever over 102 degrees F, severe pain or redness along the wounds, pus drainage, and shortness of breath. Please give us a call if you have any problems.
- 9) The first post-op visit after you return home is at 5 to 7 days.