

Abdomen, Thigh, and Arm Surgery

Before Your Surgery:

- Do not take any aspirin, Advil or any medication containing aspirin for two weeks before and two weeks after your surgery. Drugs containing aspirin include: Anacin, Bufferin, Excedrin, Midol, Fiorinal, Percodan, Alka Seltzer and numerous others. Check with your pharmacist if you have questions about blood thinning medications.
- Wear comfortable, loose clothes and a button-up shirt the day of surgery.
- Start an iron supplement (ferrous sulfate) the week before surgery. This is an over-the-counter medication that will help your energy level post-surgery.
- Do not wear any body lotion the day of surgery.
- No smoking, alcohol or Nicorette Gum for three weeks before and after surgery.
- Females: Stop birth control pills or estrogen replacement three weeks before surgery as these increase the risk of blood clots.

After Your Surgery:

- There will be a significant amount of swelling and bruising. Swelling will gradually dissipate. You may not see your final results for months or longer.
- You will have drains inserted in the flank area and/or the groin area. They will be removed in the office usually within 4 – 10 days.
- Rest at home and elevate your legs on pillows. Stay on your back or slightly on your side if possible in a bent position so the tension is relieved from your incision.
- You may shower after all your drains are removed.
- You will wear a stretch support garment continually for 3 – 6 weeks after surgery. This is an important part of your healing process and plays a key role in your final results.
- Oozing of the incision site and areas around of the drains may occur.
- When the drains are removed, apply bacitracin ointment or Neosporin to the area three times a day and a gauze bandage until the site is healed.
- Avoid strenuous activities and exercise for 4 – 6 weeks after surgery. No bending or carrying heavy objects (greater than 5 lbs.) for 2 – 3 weeks.
- The incision line is permanent and will fade gradually. It may remain pink for six months or longer.
- The doctor will instruct you when you are discharged when he would like to see you again for your first post-operative visit.
- Driving is not permitted for two weeks after surgery.
- Drink plenty of fluids for the first week after surgery.

Sign: _____ Date: _____

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor's assistant will be at your pre-op to answer any questions you have. At your pre-op the doctor's assistant will have a copy of this form for you to sign for our records.

