



SHEINA MACADAM
MD FRCSC

General Operative Instructions for Abdominoplasty

Before your surgery...

Please read these instructions carefully

Please have NOTHING to eat or drink after midnight the night before your surgery. This includes water, candy, mints or gum.

Our office will call you after 3pm the day before surgery to provide you with your arrival time for surgery.

It is recommended that all patients wear loose comfortable clothing on the day of surgery. Please do not wear makeup, contact lenses or jewelry.

Although we recommend that our patients quit smoking as soon as possible, please do not smoke within 2 weeks before and after surgery. Smoking may cause complications in the healing process.

Regular prescription medications can be taken as usual. If you need to take something the day of surgery, please dry swallow if possible.

ASA and Anti-Inflammatory Medications

The following medications should be stopped 10 days before AND after surgery. They may cause excessive bleeding and bruising before and after surgery:

- Tamoxifen
- Any non steroidal anti-inflammatory like Ibuprofen (Advil), Naproxen and others.
- ASA – (Aspirin)
- Any anti-coagulants or blood thinners, (Warfarin/Coumadin). Please discuss these with Dr. Macadam or the hospital's pre-operative nursing staff when they call you to inform you of your arrival time.
- Herbal medications – Check with your doctor.
- Vitamin E

Recreational Drugs or Alcohol should not be used 7 days before and after surgery. These may interact with your anesthetic or post operative pain killers and cause serious complications.



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Please contact our office immediately if your health condition changes the week before surgery, (flu, severe cold, fever).

You will need to have a responsible adult accompany you to and from the hospital. This person will also need to stay with you 24 hours after surgery. If you do not have someone to pick you up or stay with you, we can make arrangements for you to hire a nursing escort. If you are traveling to Vancouver for your surgery, please make arrangements to stay within the lower mainland overnight after surgery.

After Surgery...

1. You will be given a prescription for Empracet or Percocet. This medication may cause nausea. You are advised not to drive while on this medication. You will also be prescribed an antibiotic.
2. You will have Steri Strips on all incisions as well as bandages. You may remove the bandages 3 days after surgery. Leave the Steri Strips in place and they will gradually fall off on their own.
3. You will have two drains in the abdomen. These will need to be emptied every 8 hours and the output recorded.
4. You are able to shower once the drains have been removed. Until this time, a sponge bath is advised. Do not immerse yourself in water.
5. For the first 10 days after surgery, you are advised to walk slightly flexed at the waist to decrease the tension on the abdominal incision.
6. You will be unable to perform any heavy lifting or exercise for 4 weeks after surgery.
7. If you have purchased a girdle, please wear it 24 hours a day for 4 weeks. You may remove it to shower.
8. Call our office and make a post-op appointment for one week after surgery.
9. After discharge, there are a few things to watch during your healing process. If you see any of the following, please call VGH at 604-875-4111 and ask to page the plastic surgeon on call:
 - Leg swelling
 - Shortness of breath
 - Redness around your incisions
 - Increased output from the drains



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- Increasing pain around the incisions

If you have any questions during your post-operative course, feel free to contact our office or email Dr. Macadam at drsamacadam@gmail.com .