

**PRE AND POST-OPERATIVE INSTRUCTIONS:  
Total Body Lift**

**Before Surgery**

1. Arrange for transportation to and from the office or Surgery Center and for a responsible adult to stay with you for several hours following surgery.
  2. Two weeks before surgery, discontinue and avoid taking aspirin containing products (aspirin, Bufferin, regular Anacin, Fiorinal, Easprin, Aspirin with codeine, Darvon compound, Soma compound, and all Alka-Seltzer products).
- Four days before surgery, discontinue all anti-inflammatory drugs such as Advil, Aleve, Clinoril, Feldene, Indocin, Meclomen, Naprosyn, Motrin, and Relafen.
3. You may take Tylenol, Datril, Panadol, or Anacin III as needed.
  4. Eat a healthy well balanced diet, consider supplements as necessary. (Please see wound healing link)
  5. Get plenty of sleep (7-8 hours a night).
  6. Avoid excess caffeine or alcohol.
  7. Prepare your house for recovery by removing physical and emotional stressors.
  8. Prepare a comfortable place for convalescence near a bathroom with plenty of leisure activities available and a phone within arms reach.

**Day of Surgery**

1. Please do not eat or drink anything after midnight except as noted below
2. You may take your usual morning medications with a sip of water.
3. Please shower the morning of surgery; remove contact lenses.
4. Wear comfortable clothing (loose blouse, button-down shirt).

**Day # 1:**

1. Most patients require an overnight stay with nursing care.
2. The most important thing to do on the day of surgery is to relax and rest. During the day, rest in either an easy chair or in bed with your back and knees supported by pillows. When you go to bed, sleep with 2-3 pillows under your knees. Keep your head and back elevated with 2-3 pillows.
3. Every hour exercise your calf muscles for 10 minutes to keep the blood circulation in your legs.
4. Take your prescribed pain medication as needed to remain comfortable. If you have nausea or vomiting use the suppositories as directed.
5. Drink plenty of liquids. Avoid alcohol and caffeine. Try to avoid excessive straining if you have a bowel movement.
6. Do not attempt to do any work around the house. Avoid bending over, lifting or straining.
7. You may adjust your support garment as needed for comfort. It should be snug but not uncomfortable. Loose garment while resting in the sitting position.
8. Empty your JP drains at 8am and 8pm. Record the output and empty them should they become full.
9. The following should prompt a call to your physician at the numbers listed below:
  - Difficulty breathing
  - Drain output of greater than 400 cc in a 24-hour period
  - Pain or nausea/vomiting unrelieved by the medications
  - Inability to urinate
9. Or to sponge bath, No Showering or Tub Soaking while drains are present.

## **Day # 2**

1. The abdominal support garment should be worn while ambulating and at all times while out of bed. Again it is important that the garment is loosened while resting in the recumbent position.
2. Replace the gauze sponges around the drains and incisions as necessary for soilage.
3. Ambulation is begun carefully. Full extension (“standing up fully”) may not be possible during the first week.
4. Opinion Continue to drink plenty of liquids and start solid foods as tolerated. Please consume a well balanced diet with plenty of protein and antioxidants to aid in your recovery.

### **Day # 3**

1. Most patients are starting to feel better by day # 3 though you will still feel tired and sore.
2. The support garment should be worn while ambulating for 3 weeks. After the drains come out it will be necessary to wear it for one additional week at all times, and then wear it while out of bed for one additional week. This is to help prevent seromas. However if worn to tightly it cause wound healing problems.
3. Driving or operating machinery must be avoided for at least the first week and while taking narcotic pain medication or if unable to painlessly make the body movements required for driving safely.
4. Your swelling should start decreasing starting today.
5. Your physician may be reached for urgent problems or questions.
6. Consider having a caregiver drive you to and from the clinic. If you have a driver, consider taking a pain pill one hour prior to your clinic appointment. This allows for a less painful drain extraction.