



Body Contour Surgery: What to Expect (Belt Lipectomy, Thigh Lift, Brachioplasty, Liposuction)

Before Your Surgery

- One week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc. as these can increase your risk of bleeding during and after surgery
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox or Fragmin
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water

Hospital Stay

- You will likely remain in the hospital for one night following your surgery
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication
- You will be discharged with drains in place. The nurses will teach you how to empty and record your drain output

Activity Following Surgery

- **No** heavy lifting and you should not do any vigorous exercise or cleaning for 4-6 weeks (walking is okay and **expected**). Ask friends and family to help with meals, laundry, shopping and childcare
- You may not drive for several weeks until you are comfortable wearing a seatbelt and have been cleared to do so
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery
- You may use additional pillows under your legs and arms for support when lying down
- In order to prevent blood clots, it is important to walk around as much as possible following this surgery

Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases, you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol only. Do not exceed 4 grams of Tylenol daily
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, etc. as these can increase your risk of bleeding after surgery

- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter stool softeners
- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment

Diet/Appetite

- You may resume your pre-hospital diet
- Drink plenty of fluids, at least eight glasses of eight ounces each day to help prevent constipation associated with pain medication

Caring for Your Wound

- It is normal to have some bruising and swelling for a few days after surgery
- You may shower, but do **not** soak or take a bath for two weeks after surgery, unless told otherwise by your surgeon
- You may have steri-strips on your incision. These can get wet in the shower. They will start to dry and peel off on their own in the next 7-14 days. If they have not fallen off after that time, you may remove them yourself
- You may also have a clear plastic dressing called a Tegaderm over your incisions. This can get wet and can be worn in the shower. This dressing needs to stay on until your first post-op appointment
- If your wound has oozing or drainage, you may cover it with a dry dressing. Please be sure to change it every day
- If you were provided with an abdominal binder, post-surgical bra or compression garment in the hospital, please continue to wear this at all times except while showering. Compression garments are designed to help improve and increase your circulation, rid your body of potentially harmful fluids, decrease your post-surgery recovery time and reduce swelling
- Please attach the drains to a belt or necklace made from string, so that they do not pull on your skin while taking a shower. The nurse will review how to do this prior to discharge

Medications Following Surgery

- Resume your pre-hospital medications. Follow-up with your primary care physician regarding new prescriptions or refills of your home medications
- If you were given an antibiotic, continue to take it until all of your drains are removed. Do **not** stop taking the antibiotic just because you feel better

Follow-Up Appointment

- If you are not given a follow up appointment when you leave the hospital, call the surgeon's office and make an appointment to be seen within one week after your surgery
- At this appointment, we will check your incision and remove any drains and/or stitches. Your surgeon will also discuss the results of the surgery and your treatment plan
- If you have any questions for your surgeon, please write them down and bring them with you

When to Call Your Surgeon's Office

- If you have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication
- If you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision)
- If you have other concerns
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies