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— AMERICAN BOARD OF PLASTIC SURGERY —

## ABDOMINOPLASTY LIPECTOMY INSTRUCTIONS

(310) 277- 3223

### **BEFORE SURGERY**

1. **ASPIRIN:** AVOID TAKING ASPRIN, IBUPROFEN, OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY. Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL:** Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications that are given during and after surgery.
3. **SMOKING:** Smoking is **absolutely not permitted** for **TWO MONTHS** before or after surgery; if this seems unusually cruel and unfair, please discuss with me personally; **it is that important!** Even the use of a **Nicotine patch** or **Nicorette gum** is not desirable during the month prior to your surgery.
4. **SUN EXPOSURE:** Do not burn or tan your abdomen for **two weeks** before surgery.
5. **SKIN CARE:** Continue your regular skin care routine. Do not wear makeup or body lotion on the day of surgery.
6. **MEDICATIONS:** Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken the morning of surgery.
7. **ATTIRE:** Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. Do not wear any panty hose or high-heeled shoes.
8. **VALUABLES:** The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Do not bring a purse on the day of surgery, but please bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.
9. **ANESTHESIA:** Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.
10. **ILLNESS:** If you become ill or develop any signs of infection on the area to be treated, **please notify the office at once.**

11. **DIET: DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE YOUR SURGERY**

## **AFTER SURGERY**

1. **ACTIVITY**: You will be confined to bed for the first 24 hours after surgery. After such time, the nurses will help you when getting up for meals or to use the bathroom.
2. **DIET**: If you are hungry, begin with cool, clear liquids, a small amount at a time. When this is well tolerated, advance to a soft, then regular diet as desired.
3. **DRESSING**: Do not disturb the dressings or the elastic garments which have been applied. These must be kept dry until they are removed a few days after surgery.
4. **HYGIENE**: You may sponge bathe on the day after surgery. Do not take a shower or bath until all dressings have been removed.
5. **ALCOHOL AND ASPIRIN**: Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.
6. **MEDICATION**: Antibiotics are to be taken for several days after surgery, to prevent infection. You will also be given medication for pain and sleep. These are not necessary unless you need them, and should be only required for a few days. Resume your routine medications on the day after surgery.
7. **DRIVING**: Do not drive until instructed to do so; usually **7-19 days** after surgery. **You may not drive while taking pain medication.**
8. **SMOKING**: No smoking for **TWO MONTHS** after surgery (no cheating!)
9. **SUN EXPOSURE**: Do not burn or tan your abdomen for **three months** after surgery.
10. **EXERCISE**: Strenuous activities (running, aerobics, weight training, swimming, tennis, etc.) must be avoided for **three weeks** after surgery. You may walk after **three days** and use a stationary bike, Stairmaster, or walking treadmill after **two weeks**.

**FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.**

**FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT.**