

Laurence Kirwan, FRCS, Plastic Surgeon

Abdominoplasty Instructions

PREOPERATIVE INSTRUCTIONS

1. Do not take aspirin or aspirin products for 3 weeks prior or 3 weeks after surgery. Aspirin thins the blood, causing you to bleed and bruise more. Please see our "medication list" also. You may take Tylenol (Paracetamol)
2. Do not smoke for 3 weeks before or after surgery. Do not sit in a room with a smoker. Do not drink caffeine-containing drinks for 3 weeks before or after surgery. Do not drink alcohol for 10 days prior to surgery. Avoid any waxing or laser hair removal two weeks before surgery. Do not shave your pubic area before surgery. We will do this at the time of surgery.
3. Please wear a button-down top on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty hose.
4. Shower with anti-bacterial soap and shampoo prior to surgery, paying particular attention to the abdomen and groin area. Do not apply make-up or body creams of any kind.
5. Bring your panty or bikini with you prior to surgery, so that the doctor can mark your incision.
6. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.
7. Please have your EKG (ECG) and blood tests (if ordered) done 10 days before surgery. Please have your GP complete a physical at least 10 days before surgery. Please ensure that all reports are faxed to our office at 203 853 1862 or scanned and e-mailed to drkirwan@drkirwan.com

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POST OPERATIVE INSTRUCTIONS

1. Your surgery will take about three hours. You will go to the recovery room for about one hour until you have awakened from the anesthesia. If you are having outpatient surgery, someone must drive you home and remain with you for 24 hours. If you are spending the night at the surgical center or hospital you must arrange a ride for the following morning when you are discharged.
2. An elastic garment will be placed on you after the surgery and must be worn for 2 weeks, day and night and for 2 more weeks during the day. This is the minimum. Many patients choose to wear the garment for longer. You may choose to purchase two garments so that you can change them when they are being washed. You can wash the garment at home. Do not tumble dry. You may wear a light girdle for support in place of the garment four weeks after surgery. For the first two weeks after surgery. Do not do any strenuous activity. Do not strain during a bowel movement. Do not take pain medication on an empty stomach since it may cause vomiting. All of these may cause bleeding which might require further surgery.
3. For three weeks after surgery. Do not smoke; do not drink regular coffee or soft drinks containing caffeine. Do not sit in the same room as a smoker. Avoid alcohol.
4. You will have two drainage tubes to drain blood and serum. These will be removed in the office after surgery. Afterwards it may be necessary to drain small fluid collections on an intermittent basis. This will be done in the office.
5. For 2 weeks after surgery, restrict your activities as much as possible. Avoid any stretching or heavy lifting. Do not drive for 1 week and then only a car with automatic transmission. You may resume most of your normal activities after 2 weeks. Do not lift any small (0-2) children for three weeks. Do not lift any child greater than 10 pounds for 6 weeks.
6. Six months after surgery, you may resume strenuous activities such as swimming, running, tennis, weight-lifting etc., but only if you can tolerate them comfortably.
7. After surgery, it will be necessary to see you in the office to change your dressings and remove drains, twice in the first week after surgery. This may vary depending on how long you remain in the hospital
8. If you should have any questions, please call the office at 020 7637 4455 (UK) or 203 838 8844 (USA, Connecticut) / 212 838 8844 (USA, New York).