

THE FIRST GLANCE

After Body Lift Surgery

Supplies to have at home:

- **Your prescription medications**
- **Gravol** (oral medication *and* suppositories)
- **Stool softener** (ie: Colace / Docusate)
- **Reactine** (anti-histamine to help with itchiness associated with medications or wound healing)
- **Flexible gauze wrap** (ie: Johnson & Johnson 3" or 4" soft gauze roll)
- **Hypoallergenic Paper Medical Tape** (3M or similar)
- **Antibiotic ointment such as Polysporin; and peroxide**
- **Gatorade** (or similar)

Medications:

- Take all medications as prescribed, ensure you finish your entire course of antibiotics.
- Follow all instructions which may accompany the medications such as: taking with food, avoiding alcohol and driving restrictions.
- Remember, pain is expected, the goal is to make the pain tolerable.

Garment:

You will begin to wear your garment **4-7** days after surgery, depending on how you are feeling. You will then need to wear this garment **24 hours/day for 2 weeks, then 12 hours/day for 2 more weeks**. You may wear it more often if you like, 4 weeks is the minimum.

The garment is important to prevent/reduce complications and help you take your shape sooner.

Your physician may give further instructions at your first follow up appointment.

After surgery:

The day after surgery you will be encouraged to get out of bed for short walks to promote blood circulation. Avoid prolonged sitting for 14 days.

Straining, bending and lifting should be avoided a few weeks after surgery. It is very important that you stay hydrated after your surgery, **the evening of your surgery please drink Gatorade, Powerade, or other similar electrolyte replacement beverage**. After the first evening, staying hydrated with water is recommended.

There is no right or wrong position to sleep in. Have several pillows available to use to help position yourself. You may find it most comfortable to lay flat initially, however, any position you find comfortable is just fine. Your body will tell you if it's not a good position (ie- if you feel excessive pulling or discomfort you must listen to your body and find a more comfortable position).

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Swelling and bruising can be expected. This will disappear over a period of weeks; however the swelling may take months to subside and to see the final result of your body lift surgery. You may notice some numbness over portions of your abdomen, torso, back, and buttocks, and this may persist for several months. If you have surgical drains, they will be removed within the first few days after surgery.

Wound care:

You may have your first shower after **48 hours**. At this time you may remove the thick dressings only. It may be helpful to leave the dressings on and let them get wet in the shower to aid in removal. Frequently a dissolvable skin adhesive is used to help protect your incision, you may notice a purple or blue colour to the incision as a result and this will slough off in about a week with normal showering.

The incision may appear uneven and / or bumpy, this is **normal** and will smooth and soften as you heal. You may shower as you normally would, carefully rinsing the incision off with clean water at the end of the shower and patting dry with a clean towel.

Flexible gauze wrap will need to be used as a dressing to once the original dressings have been removed. You will need to keep the incisions covered for approximately 2 weeks after surgery, changing the dressings daily.

It is important that you clean your navel daily with peroxide on a Q-Tip making circular movements inside the navel. After cleansing with peroxide, apply an antibiotic ointment such as Polysporin. Do not apply Polysporin for more than 7 days.

Activity/Exercise:

Depending on the extent of your abdominoplasty, and your physical condition, you may be able to return to non-strenuous work anywhere from 1-3 weeks after surgery.

You can return to normal activities including some form of mild activity after approximately 1-3 weeks. You may walk as much as you feel comfortable providing you are walking at a gentle pace, you may experience some mild, periodic discomfort and swelling during this time, this is normal.

Severe pain should be reported to your surgeon. Any strenuous activity should be avoided for a minimum of 3 weeks, and you may be advised to wait longer.

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Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Islur and his medical team during your recovery.

After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Take time to rest and recover from your surgery, have a healthy diet, and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.