

# THE FIRST GLANCE

## Abdominoplasty (Tummy Tuck) & Breast Lift Post-Operative Home Care Instructions

### **Supplies to have at home:**

- Your prescription medications (*will be given to you on surgery day if not at pre-op appt*)
  - Gravol (oral medication & suppositories available). Used to treat nausea.
  - Stool softener (ie: *Restorolax/Lax-a-Day/Senokot*). *Used to prevent constipation- \*\*start if no BM for 2 days*
  - Polysporin Ointment - (Original)
  - Flexible gauze wrap (ie: Johnson & Johnson 3" or 4" soft gauze roll)
  - Hypoallergenic Paper Medical Tape (3M or similar)
  - Non-stick gauze or nursing pads work well
  - Abdominal binder/ medical compression garment given day of Pre-op
  - Cotton Sports bra/Compression Bra given day of Pre-op
- \*Pls bring Garments on day of surgery

### **Rest and Relaxation:**

- When resting, it is ok to lie on your side. Do not lie on your chest. Tuck your legs up when lying on your side and place 2 to 3 pillows under your knees when sleeping on your back. You can also purchase a "Bed Wedge pillow", available on Amazon (ABCOSPORT 25"x24"x12" approx. \$65)
- Take 10 nice big deep breaths every hour while awake.
- When coughing or sneezing open your mouth and place your hands on your abdomen. Gently push on your abdominal closure to protect it.

### **Activities:**

- Make sure you walk as much as possible and lean forward at your waist to decrease tension on your abdominal closure.
- After 2 weeks you can begin to stand straight.
- Do not lift more than 10 lbs or perform abdominal exercises for minimum of 4 weeks if you have had your rectus (abdominal) muscles tightened.
- Wait at least 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly.

### **Medications:**

- Take your pain medication as directed when you get home. You may find these do not eliminate your discomfort 100%, but you will feel more comfortable. Pain is expected, the goal is to make the pain tolerable.
- Take all medications as prescribed, ensure you finish your entire course of antibiotics even if you do not experience any signs of infection.
- Resume prescribed medications unless otherwise stated
- Follow all instructions which may accompany the medications such as: taking with food, avoiding alcohol and driving restrictions.

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## Washing

- You can gently wash yourself with a clean wet towel 24 hours after surgery.
- You may shower once the outer dressings are removed (even if you still have drains in.) It may be helpful to wear a lanyard around your neck and pin the drains up to keep them out of the way.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Do not soak surgical sites - no baths, pools, hot tubs, or lake water for 4 weeks.
- You do not require any bandages once your initial bandages are removed, however, most patients feel more comfortable with a bandage to provide extra protection. Flexible gauze wrap can be used as a dressing once the original dressings have been removed.

## Dressings/Wound Care

- Bleeding from your surgical site may occur immediately following surgery. If this occurs, hold constant firm pressure for 10 minutes with a clean cloth/gauze.

**\*If bleeding persists or one side appears much larger than the other, please contact the clinic or the emergency numbers provided below.**

- Remove outer **breast** dressings 24 hours after surgery and outer **abdominal** dressings 48 hours after surgery.
- Leave your steri-strips (paper tapes on incisions) on for as long as possible, they can be removed after 2 weeks. If they are saturated or are starting to come off sooner, then you may remove them.
- Once the Steri Strips are removed apply Polysporin to your incisions once a day for one week.
- You may begin to apply your Scar Gel 3 weeks post surgery, if there are NO open areas along incision

It is normal to experience some redness and irritation to the incision around your navel during the first week or two, this is due to the type of suture that is used in the area.

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

## Drain Care

- Empty drains as instructed and document drainage. Drains are removed once drainage is less than 30cc over 24 hours. Abdominal drains must stay in for a minimum of 3 days.
- If you are from out-of-town (4+ hours away) your drains will be removed once drainage is less than 30cc over a 48 hour period, this is to further reduce the incidence of seroma requiring drainage.

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Anticipate your drains being in for approximately 10 days, but no longer than 14 days.

- Place Polysporin at drain site and cover with gauze to absorb fluid that may leak out. This is normal and can occur for 1 week after drain have been removed
- Drain sites will close in 7 to 10 days.
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal. Get into the shower and gently push on your abdomen or breast to encourage the fluid to drain out.
- If drainage persists or is predominantly fresh blood contact Dr. Islur.

## **Garments**

### **If you have had your abdominal muscles repaired (sheath plication):**

-Wear your abdominal binder/garment for 20 to 24 hours per day for the first 4 weeks, then for 12 hours during the day for 2 more weeks.

### **If you did not require muscle repair:**

-Wear your garment for 20-24 hours per day for 2 weeks, then for 12 hours during the day for 2 more weeks.

-Wear a non underwired bra - unless otherwise directed for 4 weeks

-You may start to wear an underwire bra after 4 weeks (no push-up or padding)

### **Four Weeks After Surgery:**

- Once incisions healed with NO openings along incisions, begin to massage your incisions with BioOil. **Do not use vitamin E.**

- Skin Medica Scar Gel can be applied at night to further improve the appearance of the scars.

- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning

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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. Brichacek and his medical team during your recovery. Dr. Brichacek will inform you as to which clinic to visit for your follow up appointments:

First Glance Aesthetic Clinic  
1851 Grant Avenue  
Winnipeg, MB R3N 1Z2  
tel: 204-885-1569

## **After Hour Care**

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

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.

*Please consider bringing your old bras to The First Glance on your surgery day. Gently used bras will be donated to local women's shelters throughout the city. Thank-you.*

**In case of emergency please page Dr. Brichacek at 204-898-9933**