

# Body lift- Instructions

## Pre-operative

- No food or liquid intake after midnight prior to surgery.
- Do not wear jewelry, make-up, nail polish, body lotions or bring valuables to the surgical center.
- Bring carrying case for eyeglasses or contact lenses. Remove all piercings.
- No aspirin or aspirin containing compounds for at least 2 weeks prior to and after surgery. Please refer to medication list for medicines and foods to avoid. Stop all herbal preparations.
- Shower the night before and the morning of surgery with Dial or other antibacterial soap.
- Wear loose comfortable clothing with flat/ low heeled shoes, zippered or Button down shirts
- Fill all prescriptions within 3 days of today and bring them with you on your surgery date.
- Arrange for transportation to and from the Kole Plastic Surgery Center.
- Preoperative medications may be taken with a small sip of water if cleared by anesthesia dept.
- Arrive at the surgery center 1/2 hour before the scheduled surgery start time.
- Lab tests need to be drawn and faxed to this office no later than\_\_\_\_\_.

## Post-operative

- After dismissal from the surgery center, return home and go directly to bed.
- Avoid use of the abdominal muscles, have someone assist you for the first several days after surgery.
- Do not lay flexed at any time. Avoid tension on the suture line.
- When walking, stay slightly bent at your waist.
- Do not remove abdominal binder at any time until directed to do so by Dr. Kole
- Sleep only on your back. Do not lie on your stomach or sides at any time.
- Diet may consist of liquids then regular food as desired and as tolerated.
- Take pain medicine and antibiotics as prescribed.
- Empty and record drainage output every 12 hours or more frequently if needed.
- Use incentive spirometry once every 15 minutes while awake for the first week after surgery.
- No strenuous activities, do not attempt to lift anything over 10 pounds until cleared by Dr Kole.
- Return to your surgeon for all follow up visits as directed.
- Contact Dr Kole for any unusual or special problems (excessive pain, swelling or bleeding)
- Call to confirm appointment for first post operative visit.

## Call Dr. Kole immediately if:

- Fever over 101 degrees, rash or shaking chills.
- Inability to tolerate antibiotics or pain medications.
- Persistent nausea or vomiting lasting greater than 24 hours after surgery.
- Excessive bright red bleeding on dressings or large clots in the drainage bulbs.
- Increase in pain occurring 72 hours after surgery.
- Redness, swelling, or discharge from the incisions or drain sites.

If you have any questions or problems, call the office anytime at (215) 354-1010

I have received this instruction sheet, understand the information presented, have had my questions answered satisfactorily and agree to carry out the instructions as explained above.

Patient signature\_\_\_\_\_ Date\_\_\_\_\_ Surgeon\_\_\_\_\_