

FULL OR EXTENDED ABDOMINOPLASTY PROCEDURE INFORMATION

PRIOR TO YOUR FULL ABDOMINOPLASTY PROCEDURE

- Prior to your procedure, you will have your “Pre Op” visit with Dr. Papalian generally 2 weeks before to your surgery.
- At that time, your medical condition will be reviewed and any preoperative testing evaluated.
- You will be given clear information on what to expect before, during and after surgery.
- You will be provided with a prescription for your postoperative medications and it is recommended that you have the prescriptions filled at your local pharmacy and ready at home prior to your surgery
- Smoking before surgery will always increase your risk, however it is imperative that you refrain from smoking for 6 weeks prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 14 days before surgery.
- It is recommended that you avoid alcohol for 48 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 14 days preoperatively.
- You will be given instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your Pre-Op visit.
- Nausea after surgery is not an uncommon finding. Dr Papalian finds that if you eat a light, low residue, low volume diet for the entire day prior to surgery, patients often have fewer issues with nausea.
- Hydration however is important. Drink plenty of water.
- The night prior to surgery, **after midnight**, it is important that you DO NOT EAT OR DRINK ANYTHING, including water.
- You will need to ensure that you have proper help at home after surgery. Some Full Abdominoplasty patients stay in the Facility for the first night following surgery. Some patients are able to go home the day of surgery. The decision on overnight stay is individualized to the patient and extent of procedure. It is recommended that you have someone stay with you for 2-3 days following Full Abdominoplasty.

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- You will need to arrange for your transportation to and from the facility and for your first postoperative visit, as it is recommended that you not drive to the first visit.
- Surgery, while anxiety provoking, should be a controlled fulfilling experience. You will be provided with all the information needed to ensure you are prepared and “ready” for your procedure.
- Dr Papalian will guide you “each step of the way” and ensure that you are comfortable with your progress
- You should ask questions and feel free to contact the office if you need any information.
- Feel free to discuss your need to take time off work with Dr. Papalian. Each procedure and patient has a varying requirement and will be discussed with you.

YOUR FULL ABDOMINOPLASTY SURGERY DAY

- **After midnight** the night before surgery, it is important that you **DO NOT TO EAT OR DRINK** anything, including water.
- It is best to wear clothes that are easy to slip on. A top that is either a front zipper or button is recommended
- Your procedure will be performed at the **Plastic Surgery Center in Palo Alto (Outpatients) or the Menlo Park Surgical Hospital (Inpatients)**.
- Your procedure will be performed under **General Anesthesia**.
- Your operative procedure is typically 2 hours time.
- After your procedure, you will spend time recovering in the Recovery Room and then be transferred to your Hospital room (for Inpatients) or be discharged to home (outpatients). The decision on overnight stay is individualized and will be discussed with you prior to your procedure.
- After surgery you will be placed into an abdominal binder.
- With Abdominoplasty, post-operative “drains” will be used. Proper instructions will be given to you regarding drain care prior to your discharge.
- You will need transportation home from the hospital or facility.
- After surgery you may resume your routine prescription medications.

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RECOVERY FOLLOWING FULL ABDOMINOPLASTY

- For In-patients, you will be seen on the first postoperative day in the Hospital by Dr. Papalian to ensure your healing. Your dressings will be removed and you will be able to shower after.
- Most patients can be discharged from the Hospital the day following surgery.
- Outpatients are typically seen in the office on the 3-4th post operative day.
- Drains are typically removed in 7-14 days following your procedure in the office. Patients are able to shower with drains in place.
- Recovery following Full Abdominoplasty varies from patient to patient. Limited lifting and straining for 3-4 weeks following surgery are required.
- Swelling is typically minimal and will typically peak on Day 3 after surgery and then begin to resolve. Bruising, while not common, if present resolves typically in 7-10 days.
- Sutures, placed under the skin to prevent “stitch marks”, will be removed typically in 14 –21 days.
- Most patients return to work in 7-21 days.
- Regular exercise can be resumed in 6 weeks. Walking prior to that is encouraged.
- You will continue to see improvement in your abdominal contour for weeks after surgery, as the shape continue to improve as the tissues soften.

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