

MINI-ABDOMINOPLASTY PROCEDURE INSTRUCTION SHEET

PRIOR TO YOUR MINI-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. It is always recommended that you have someone with you for the first night after surgery.
- You will need to arrange for your transportation to and from the hospital and for your first postoperative visit, as it is recommended that you not drive to the first visit.

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- 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. Please discuss your need to take time off work with Dr. Papalian who will help coordinate any paperwork with you.

YOUR MINI-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 as an **outpatient** at the **Plastic Surgery Center in Palo Alto.**
- Your procedure will typically be performed under **General Anesthesia**. There are certain procedures that can be performed under local anesthesia with sedation. Dr. Papalian will discuss this with you at the time of your pre-op visit.
- After your procedure, you will spend time recovering in the facility. There is no defined time for discharge. The facility staff will ensure that you are ready to go home before you are discharged.
- After surgery you will be placed into an abdominal binder.
- In most Mini-Abdominoplasty procedures, a post-operative “drain” is utilized. Proper instructions will be given to you regarding drain care.
- You will need transportation home from the facility.
- After surgery you may resume your routine prescription medications.
- You should not remove the binder and dressings the first night. Dr. Papalian will remove the outer dressings in the office the first postoperative day. Do not get your dressings wet until after your first visit.

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RECOVERY FOLLOWING MINI-ABDOMINOPLASTY

- On your first post-operative office visit, your dressings will be removed and you will be able to shower after.
- If you require a surgical drain, it is typically removed in 7-10 days in the office. Patients are able to shower with drains in place.
- Recovery from Mini-Abdominoplasty is typically rapid.
- Discomfort following surgery is commonly minimal and most often described as “soreness.” The discomfort is typically alleviated with the pain medication prescribed.
- 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 days.
- Most patients return to work in 7-10 days.
- Regular exercise can be resumed in 4 weeks.
- You will continue to see improvement in your abdomen for weeks after surgery, as the shape will continue to improve as the tissues soften.

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