



Arthur Shektman, MD
332 Washington St.
Suite 340
Wellesley MA 02481

Tel: 781-239-0680
Fax: 781-239-0681

Email: doctor@
wellesleycosmeticsurgery.com

Pre-Operative Instructions for Abdominoplasty Patients

Report to the office no later than _____ on the day of surgery (______).

Do not take Advil, Motrin, blood thinners, aspirin, or aspirin by-products for 5 to 7 days before the surgery. Products such as Alka Seltzer, Anacin, Bufferin, Excedrin, Darvon, or Fionral may contain aspirin). Tylenol is acceptable.

Do not eat or drink anything after midnight the night before the procedure **or** the morning of the procedure. This includes water, coffee, tea, juice, or soda. **Do not** chew gum, or have mints or eat candy. Your surgery **will be cancelled** if you fail to follow these instructions.

If you take morning prescription medication(s), take them on the morning of surgery with as little water as possible.

Stop all dietary supplements (i.e. vitamins, herbal remedies, etc.) for two weeks before your procedure. Dr. Shektman will let you know at your first pre-operative appointment when you may resume taking them again.

You must stop smoking for two weeks before and two weeks after the procedure.

Shower well the morning of your surgery and thoroughly clean your body with soap and water. If you use spray-on self tanner please avoid doing so 1 week prior to surgery. Use alcohol the morning of surgery to remove any residue.

Do not use any cream, powders, perfumes or deodorants anywhere on your body the morning of surgery.

Wear comfortable clothes and low shoes, such as a top that zips or buttons in the front sweatpants and sneakers. Please leave all jewelry at home including all body piercings. **Absolutely no heels!**

You **must** have someone accompany you to the office the day of surgery. This person must be available for the duration of your procedure. You **cannot** be sent home in a cab unless you are accompanied by a responsible adult.

Arrange for someone to assist you at home for one to two days after your procedure.

We recommend that you try to take at least 5 to 7 days off from work to recover.

Failure to cancel your surgery appointment within **15 business days** will result in the loss of your surgery deposit.

These instructions have been reviewed with me and I understand my obligations prior to surgery.

Signature _____ Date _____



Post-Operative Instructions for Abdominoplasty Patients

After your procedure, you will leave the office with drainage tubes and your compression garment in place. The bulb of the drainage tube will be pinned to the compression garment. **Do not remove** your compression garment until you are seen at your first post-operative visit, which will be about five days after your surgery.

Before you leave, you will be shown how to empty the drainage tube properly. **You must** follow these instructions carefully to ensure that there is proper drainage after surgery in the most critical period.

Please read the medication information that is provided in this packet. It is extremely important that you take your medication exactly as prescribed.

You will **not** be able to shower or bathe while the drainage tubes are still in place. After they are removed you may shower or bathe as usual.

You will find that after your surgery your abdomen will feel very tight. You will probably have to walk slightly bent forward for the first two or three days after surgery. This is normal and you will be able to straighten your up slowly over time.

It is *extremely* important for you to continue wearing your compression garment as instructed by the physician after the drainage tubes are removed. This is to ensure that there is no fluid collection under the skin.

During your first post-operative visit you will be given further instructions on how to take care of the operative site.

If there are any questions or concerns regarding these instructions or any other matter, please contact the office at (781) 239-0680. Dr. Shektman can be reached 24 hours a day.