



Lower Body Lift Instructions

BEFORE YOUR SURGERY:

Suggestions:

- Arrange for 10-14 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- Wear loose-fitting clothes that do not have to be pulled over your head.
- Obtain a large package of 4"x4" gauze, for use after surgery

Mandatory:

- Stop intake of all Aspirin and Aspirin-related products (anti-inflammatory like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 6 weeks before surgery. If you are unable to quit 4 weeks before surgery, please notify my office as soon as possible.
- Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- If you have had a "lap-band" procedure, your band should be deflated completely 2 weeks prior to surgery. Let the office know if you are having a problem arranging this.
- Discuss any medications, or changes in medications by contacting the office.
- Have someone available to bring you home after surgery (usually later in the afternoon).
- Have someone available to stay with you the night after surgery.
- Be at the hospital several hours before your scheduled time (discuss this with my office staff)
- Remove all body jewelry possible, prior to surgery.
- Do not use body creams or lotions for 24 hours prior to surgery.
- Do not wear a ponytail or hair pins/clips before/to your surgery.
- Avoid eyelash extensions before surgery as these may be disturbed during administration of anesthesia

OTTAWA PLASTIC SURGERY

DR. H. SILVERMAN, MD, FRCSC
DR. KIRSTY BOYD, MD, FRCSC



AFTER YOUR SURGERY:

Immediately After Your Surgery:

- No heavy lifting (more than 10 pounds)
- Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- It is often most comfortable to lift and roll yourself up to a sitting position from your side, to get out of bed
- Avoid the sitting upright position for the first two weeks, if possible, as this puts a lot of strain on the lower back incision. Standing straight and lying down are best, and the semi-reclining position is also acceptable
- Wear your abdominal binder/compression garment at all times, to reduce swelling and support the contour of the abdomen
- The dressing is to remain dry and in place until I see you for your first post-operative visit. You may sponge bath.
- You may eat a regular diet
- No driving until discussed with me
- Take all medications as prescribed:
 - Usually Dilaudid, Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin, Ibuprofen, Advil or Tylenol.
 - Note that the pain medicine may make you nauseous or constipated.
 - Avoid straining with bowel movements; you may use over-the-counter stool softeners, such as Colace, if constipated.
- Antibiotics, usually Keflex, as/if prescribed. This is not as needed, but mandatory.
- Call my office to arrange a follow-up appointment for about 2-5 days after surgery

Things to Watch Out For:

- A rapid increase in pain, swelling and firmness, with severe bruising
- Difficulty breathing
- Vomiting after the first 24-48 hours
- High fevers above 38.5 C or 101.5 F
- Pain and swelling in one, or both, legs
- Inability to urinate
- **The presence of these above mentioned conditions warrants a call to your surgeon**

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Normal Post-Surgical Reactions:

- Pain, bruising, and mild swelling are normal and expected after surgery
- Low grade temperature is often seen early after surgery
- Mild differences in size and shape are common and normal in the early recovery period

Late Post-Operative Period:

- No heavy lifting (more than 10 lbs), weight training, vigorous exercise such as aerobics, jogging or swimming, for 4-6 weeks after surgery
 - Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
 - You may shower after the first office dressing change, and gently wash directly over the abdomen
 - Wear your abdominal binder at all times for the first 6 weeks, unless otherwise directed
 - The garment may be removed for showering, and for washing
 - Dry gauze may be placed over the incision if small amounts of drainage persist. If you have drains, occasionally, fluid may leak around, rather than through the drains.
 - Your stitches will be removed approximately two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
 - Normal activities may be resumed as tolerated by 6 weeks after surgery
 - Avoid tanning over healing incisions
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- **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact our office, during business hours, Monday to Friday – 08:30am-4:30pm**
 - **After hours and weekends: call my office, where you will be directed to call an emergency contact number, which is either Dr. Silverman’s cell phone – 613-355-9007, or Dr. Boyd’s cell phone – 613-297-2974.**
 - **Additionally you can contact us by email directly to askdrsilverman@ottawaplasticsurgery.com or askdrboyd@ottawaplasticsurgery.com, though we cannot guarantee an emergent response via email.**
 - **If you are unable to reach us and have a medical emergency, please go to the nearest emergency room.**