



**BUFFALO PLASTIC SURGERY**  
**DR. TAMARA B. DAWLI**

**Instructions on Abdominoplasty Surgery:**

1. You will need to have your medical clearance completed 4 weeks before surgery. You will need to schedule an appointment with your primary care physician, complete labwork, Chest X-ray (if over 60 years old) and EKG (if over the age of 50). Be sure to have these all done 4 weeks before your surgery date. Be sure to have them faxed to the office as soon as you get them to 716.407.6483. You can also have them emailed to: [info@buffaloplasticsurgery.com](mailto:info@buffaloplasticsurgery.com)
2. Do not take any Aspirin or Ibuprofen or NSAIDs of any kind for 2 weeks before surgery and 1 week after.
3. Do not smoke or use nicotine patches/gum for 6 weeks before your surgery and 6 weeks after. No second hand smoking for 6 weeks before surgery.
4. One week before surgery (and to be continued for 4 weeks after surgery), begin vitamin supplementation with Vitamin C, 1000mg three times a day and a multi-vitamin daily.
5. Three days before surgery and the morning before surgery, wash with an antiseptic skin cleanser containing Chlorhexidine everyday. (Hibiclens (brand name for Chlorhexidine) is the most commonly available product and can be purchased at most local pharmacies). Be sure to wash inside of your bellybutton, groin, arm pits, and abdominal skin.
6. Prepare your house and recovery area by having plenty of clean pillows, foods that are soft on your stomach, and plenty of liquids. Make sure you have an extra pair of compression socks at home, which can be ordered online.
7. The night before your surgery sleep in fresh, clean sheets and garments. Do not have anything to eat or drink after midnight the day before your surgery.
8. The day before your procedure, go to the pharmacy and get your prescriptions. Look at the "Instructions on Medications after Surgery" to make sure you have everything.
9. Be sure to have a responsible adult with you the night of surgery and who can stay with you for the first 48 hours.
10. **Activity:** It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. You should get up and walk every hour while awake. Wiggle your feet and toes frequently in bed. Walk in a hunched over position to take pressure off of your incision. Leave your compression socks on at all times. If you need to cough or sneeze, be sure to provide pressure against your abdomen using a pillow. Sleep with your head elevated and your legs elevated with pillows to take pressure off of your abdomen.
11. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
12. You can sponge bathe after surgery. You will not be able to shower until the drains are removed.
13. Keep your abdominal binder on at all times. Make sure it is tight, flat, and low across your hips and covering your incision. You may remove the white gauzes bandages in 2 days after your surgery. Leave the steri-strips (pieces of tape) that are directly on your incision. They will fall off on their own. Wear your binder at all times. Remove the dressing from your belly button in you 2 days. You can remove the packing from your belly button. Wash inside your belly button gently with a Q-tip.



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### **Instructions on Medications after Surgery**

#### **Pain Management:**

1. Take Tylenol 650 mg scheduled every 6 hours whether or not you are having pain. Do not take it if you have a liver problem or allergy. Be sure to take it with food. You will be prescribed Tylenol.
2. Take the Oxycodone for breakthrough pain that is not controlled by Tylenol. You will be prescribed Oxycodone.
3. You can start Motrin one (1) week after surgery. After the first week, you can take both Tylenol and Motrin every 6 hours.

#### **Antibiotics**

1. You will be prescribed an antibiotic to prevent infection. Please take your antibiotic as directed.

#### **Stool Softener/Constipation Prevention**

1. Take Colace 200mg twice a day to prevent constipation. You will be prescribed Colace.
2. If you have not had a bowel movement 48 hours after surgery, then you should start over the count Milk of Magnesium.

#### **Nausea**

1. If you have nausea after general anesthesia, then you should take Zofran 8mg every 8 hours as needed for nausea. You will be prescribed Zofran.

#### **Vitamins**

1. Take your Vitamin C supplementation and Multivitamin after surgery for 6 weeks.



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## Information on Drain Care

### What is a JP drain?

The Jackson Pratt drainage system (JP drain) draws out fluid that collects under your incision (surgical cut) after your surgery. It has a soft plastic bulb with a stopper and flexible tubing attached. The drainage end of the tubing (flat white portion) is placed into your surgical site through a small opening near your incision. This area is called the insertion site. A suture (stitch) will hold it in place. The rest of the tube will extend outside your body and will be attached to the bulb. When the bulb is compressed (squeezed) with the stopper in place, a constant gentle suction is created. The bulb should be compressed at all times, except when you are emptying the drainage.

### How long will the drain be in place?

How long you will have your Jackson-Pratt depends on your surgery and the amount of drainage you're having. Everyone's drainage is different. The Jackson-Pratt is usually removed when the drainage is 30 mL or less over 24 hours. You will record the amount of drainage in the drainage log. It's important to bring the log with you to your follow-up appointments.

### How do I take care of the drain?

Please follow the steps:

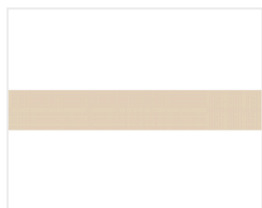
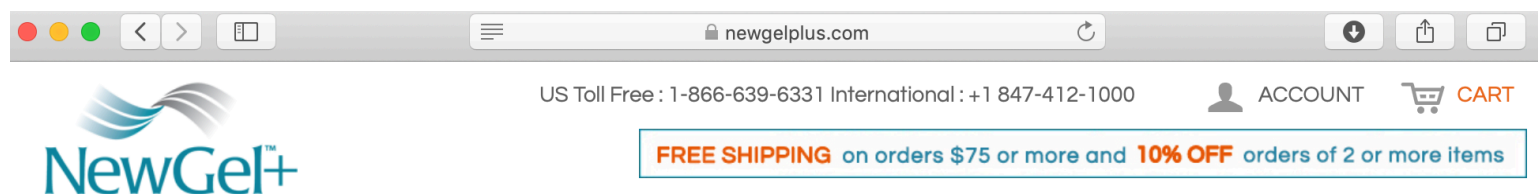
1. Milk the tubing to remove clots. 2
2. Empty the drain 4 times a day and record the amount of drainage. If you have more than 1 drain, make sure to measure and record the drainage of each one separately. Do not add them together
3. **Instructions on how to Milk the Tube:** These steps will help you move clots through the tubing and keep the drainage flowing. Milk the tubing before you open the stopper to empty and measure your drainage. You should also do this if you see fluid leaking around the insertion site. 1. Clean your hands. 2. Pinch the tubing close to where it goes into your skin between the thumb and forefinger of your hand. This will help to make sure that you're not tugging on your skin, which can be painful. 4. With the thumb and forefinger of your other hand, pinch the tubing right below your other fingers. Keeping your fingers pinched; slide them down the tubing, pushing any clots down toward the drainage bulb. You may want to use alcohol wipes to help you slide your fingers down the tubing. 5. Repeat steps 3 and 4 as necessary to push clots from the tubing into the bulb.
4. **Instructions on how to Empty the drain:** 1. Prepare a clean area to work on and gather your supplies. 2. If the drainage bulb is attached to your garment or wrap, first remove it from there. 3. Unplug the stopper on top of the bulb. This will cause the bulb to expand. Do not touch the inside of the stopper or the inner area of the opening on the bulb. 4. Turn the bulb upside down, gently squeeze the bulb, and pour the drainage into the measuring container. 5. Turn your bulb right side up. 6. Squeeze the bulb and replug the stopper. 7. Measure the amount of fluid. The first couple of days after surgery, the fluid may be dark red in color. This is normal. As you continue to heal it may appear pink or pale yellow. 8. Record the amount. 9. Flush the drainage down the toilet and rinse the measuring container with water. 10. At the end of each day, add up the total amount of drainage for the 24-hour period and record it in the last column of the drainage record. If you have more than 1 drain, measure and record each one separately.



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### Instructions on Scar Management after Surgery

1. After your dressings are removed and your steri-strips fall off and it has been 3 weeks since your surgery, you can then start silicone gel therapy to treat your scars.
2. We recommend using NewGel Scar gel silicone therapy strips after surgery and continuing for 3 months after surgery. (Please note: we have NO financial ties to the company.)
3. Here are the strips we recommend. We have provided you with a promotional code: Newgel216 for 10% off. You can find them on the website: [www.newgelplus.com](http://www.newgelplus.com)



#### 24" X 2" ABDOMEN/EXTREMITY SILICONE STRIP - BEIGE (NG-164)

**\$88.00**

The 24 in x 2 in silicone gel strip is the longest strip offered. It is ideal for lengthy scars resulting from tummy tuck, arm lift, mastectomy, orthopedic surgery and body contouring. It can be cut into shorter pieces for multiple scars.

**ADD TO CART**

Includes One 24 in x 2 in strip with a beige fabric backing [Learn More](#)