



# Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

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## Abdominoplasty Preoperative Instructions

Your day/time of surgery is \_\_\_\_\_. The location is \_\_\_\_\_.

- ◆ Please arrive to the facility at least one hour prior to your scheduled time.
- ◆ If you are a smoker, please stop for a minimum of 4 weeks prior to surgery. Smoking reduces circulation to the skin and will slow your healing.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E containing products for 2 weeks prior to surgery. This also includes the use of multivitamins and herbal supplements. All of these medications have a tendency to prolong bleeding. Please review the attached sheet to confirm the use of any of these. ***Tylenol is preferred for pain relief.***
- ◆ Please purchase at the pharmacy a tube of antibiotic ointment (such as Bacitracin or Neosporin), gauze sponges, and surgical tape (preferably paper tape).
- ◆ You have received prescriptions for \_\_\_\_\_. You should have these filled prior to your day of surgery. You will not need to take any of them until after surgery.
- ◆ General anesthesia and the use of prescription drugs can cause constipation; beginning 3 days prior to surgery, we recommend that you begin taking Colace 100 mg twice daily. This can be purchased over the counter at your local pharmacy.
- ◆ You should have your bloodwork drawn at least two weeks prior to your surgery.
- ◆ We recommend the use of Tegaderm for scar therapy. You will start using this immediately after your surgery. It can be purchased online at Amazon.com. Search for 3M Tegaderm Transparent Dressing with Label 4" x 4 3/4".
- ◆ Shower with an antibacterial soap the day before or the morning of your surgery.
- ◆ Have NOTHING to eat or drink after midnight on the night before your surgery.
- ◆ On the day of surgery, wear a large, front closure shirt and loose fitting pants with an elastic waist.



Other: \_\_\_\_\_

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**If you have any questions, please call us at (203) 772-1444.  
200 South Orange Center Road, Orange, CT 06477**