

PREPARATIONS FOR YOUR BODY CONTOURING SURGERY FOLLOWING MASSIVE WEIGHT LOSS

Date:

Arrival Time:

FOUR WEEKS BEFORE YOUR SURGERY:

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you are taking **hormones or birth control pills**, please contact Dr. Kenkel to see if you should stop taking them 4 weeks prior to your surgery date as well. If you stop birth control meds, you will need to use an alternative form of contraception during this time.

Increase your protein intake to 1/2g/1lb (if your weight is 150 pounds, then take in 75 grams minimum). See enclosed protein sheet for suggestions on protein shakes.

If you develop a cold, facial sore, or any illness prior to surgery, please notify us.

Please inform our office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, cause bleeding, and inhibit wound healing and should be stopped two weeks prior to your procedure.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery (this includes use of smokeless tobacco products, nicotine patches or gum). If you do not, then you need to tell Dr. Kenkel.

THREE DAYS BEFORE YOUR SURGERY:

Purchase Hibiclens soap from your local drug store and scrub your body thoroughly each night prior to your surgery. This will help decrease your risk for infection. You do not need a prescription to purchase this. Do not use this soap for your face and be careful not to get any Hibiclens near or in your eyes.

Be sure to pick up your prescriptions so you will have them when you get home.

THE EVENING BEFORE YOUR SURGERY:

Get a good night's rest.

Make some jello and/or soup for after your surgery when you get back home.

Do not eat or drink anything after midnight.

Shower or bathe the night before your procedure using your Hibiclens soap.

THE MORNING OF YOUR SURGERY:

If you are taking medications, please discuss these with Dr. Kenkel. Some medications may need to be held the morning of your surgery.

Do not eat or drink anything.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing, preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants, and comfortable, slip-on shoes.

Please be sure someone can drive you home and stay with you for the first 24 hours. You will not be allowed to drive yourself home.

If you are spending some time with us in the hospital or Medallion, please bring your protein supplementation with you to eat during your stay.

AT HOME AFTER YOUR SURGERY:

A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soups or jellos. You may start a regular diet the next day. Never force yourself to take solid foods initially. The most important thing is to keep up with your fluid intake.

If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with food, i.e., crackers, soup, jello. If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.

You may also be given medications for sleep and for anxiety. Take these as directed.

You will have “glue” or “tape” on your incisions. You do not need to care for the incision site unless otherwise specified by Dr. Kenkel. After the first few weeks, the glue will start to peel. Do not pick the glue off. Let it come off on its own. Dr. Kenkel will then instruct you on how to care for the incision.

Your drains will be removed anywhere from 1-2 weeks after your surgery. Make sure you keep track of your drainage. A sheet is enclosed for your use.

We encourage you to get out of bed as soon as possible. This helps you take deep breaths and prevents your lungs from collapsing as well as keeps your blood circulating.

You have been instructed by Dr. Kenkel as to how much protein your body requires in order to adequately heal. Please adhere to this with either your diet or protein supplements. Failure to do so will result in your incisions breaking down and falling apart.

Please begin your vitamin supplementation within 48 hours after your surgery.

POSTOPERATIVE INSTRUCTIONS

Call my office immediately if:

1. You have a sudden onset of pain, fever, or redness.
2. You are concerned about anything.

Be particularly alert for fever (oral temperature greater than 101°), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat, or rapid breathing rate.

GENERAL INFORMATION

Strenuous activities and exercise are to be avoided for at least two weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 5-10 lbs. should be avoided for 4-6 weeks after your surgery.

Bruising and swelling are normal and will disappear in time.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with an SPF30 or greater that contains zinc oxide for at least 6 months.

You may resume driving when you are no longer taking narcotic pain medications, no longer have drains, and feel unrestricted by pain.

Please take all medication carefully and as directed. Please follow all instructions which may accompany the medications, such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

Remember to follow any special instructions that have been given to you. Call our office if you have any questions.

**OUR TELEPHONE NUMBER IS (214) 645-2353
(answered 24 hours a day)**