



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Abdominoplasty with Liposuction & Fat Transfer to the Buttocks Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

After-surgery appointment schedule with nursing staff:

1. **Initial follow-up appointment:** will be an **in office visit**, one day after surgery. At this time, your incisions will be checked and drain care (if applicable) will be discussed.
2. **Second follow-up appointment:** will be a **virtual visit**, seven days after surgery. At times, the clinical staff will change this appointment to an in-office visit, if they believe it to be more beneficial for your care.
3. **Third follow-up appointment:** will be via **phone call**, 11 to 12 days after surgery. During this call, the nursing staff will discuss your drain output (if applicable) and determine when you will need to schedule your next in-office visit.
4. **Fourth follow up appointment:** will be **in office**, date to be determined on previous call. At this visit, you will have your drains removed (if applicable). Typically, drain removal is between 12-21 days after surgery.
5. **Fifth follow up appointment:** will be **in office**, six to ten weeks after surgery. This appointment timing will-be-determined by your recovery progress.

Medications:

Arnica: *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

Keflex (Cephalexin) 500mg: *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

Celebrex (Celecoxib) 200mg: *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

Norco (Hydrocodone/Acetaminophine) 5mg/325mg: *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

******* Please note:** Opioids can be addictive and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day).

Allergies: If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

Medication Usage: Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over the counter stool softener or laxative from the pharmacy.

DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.

Bathing: Sponge bath only after surgery, until your drains are removed. After drain removal, you can resume showering as normal; no soaking, bathtub use, swimming and/or steam rooms should be used for two weeks after surgery.

Drain Care (if applicable): Empty drains three times a day, record time and amount on drainage record form. Drains typically remain in place for 12-21 days after surgery. At times drains are left longer if drainage amounts are above 15cc per drain in a 24-hour period (see last page of drain care instructions). It may be helpful to place a protective pad or towel over your bedding to protect the fabric from any drainage. Dr. Horn and/or his nursing team will determine appropriate timing for removal of drains. **DO NOT ATTEMPT TO REMOVE THE DRAINS YOURSELF; DOING SO CAN CAUSE SEVERE COMPLICATIONS.**

Swelling: It is normal for swelling to occur following surgery. It is important that you wear your compression garment/binder at all times. Garments should only be removed while you are showering.

Topical Treatment During Recovery: You need to keep the area surrounding the incision moisturized with either Vaseline or Aquaphor, avoiding the Steri-strips. You may also purchase from our office the following recommended topical:

Alastin Regenerating Skin Nectar

Begin using immediately after steri-strips have fallen off Cost: \$195 plus tax

Garment/Binder: Garments/binders help reduce swelling. For optimal results, garments/binders continue wearing for at least four to six weeks after surgery. There may be some bloody drainage on garment after your procedure. If you wash garment, reapply as soon as garment is dry. You may find it beneficial to purchase a second garment from our office to avoid any time without compression.

Dressing: Starting 14 days after the procedure, any remaining tape can be removed from incision. At this time, you can begin massaging incision line for 15 minutes per day with Vitamin E, coco butter, or products advised by our clinical staff. The sutures used are dissolvable; you will not need to have them removed.

BBL Pillow: We recommend that you purchase a BBL pillow, Amazon offers a variety. You should avoid sitting down directly on your buttocks for eight weeks after surgery. The purpose of a BBL pillow allows you to sit without placing pressure on your buttocks. You should also avoid lying directly on your backside for eight weeks following surgery.

Activity: Rest for one to two weeks and then increase activity, as tolerated. You may begin light exercise (slow walking on the treadmill) after two weeks. Activity that is more vigorous can be restarted after six weeks. You may resume sexual activity as comfort permits, usually two to three weeks after surgery. **No lifting over 10 pounds for 6 weeks.**

Lymphatic Massage: Lymphatic massages are recommended and beneficial after surgery. Make sure to schedule with a licensed massage therapist that has credentials in post-surgical lymphatic massage. You can start your lymphatic massages the day after surgery and then every other day thereafter. The Michael Horn Center offers Venus Legacy, this treatment facilitates lymphatic drainage; packages are available for purchase.

Driving: You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel; make certain you are able to perform all motions necessary for safe driving.

Recommendations for scar care: Scar care can begin six weeks post-operatively. We do not recommend applying any topical treatments that address scarring, including the ones listed below, until you are six to ten weeks post op.

NeoCutis BioGel Moisturizing HydroGel: Visibly diminishes the appearance of scars.

Instructions: Apply to affected area twice daily. Cost: \$178 plus Tax

Scar Away Cream or Patches: Apply as directed on package for eight to ten weeks total. These treatments are generally available at your local pharmacy, Amazon or through the Scar Away website.

BIOCORNEUM by Sientra: Crosslinked silicone that visibly diminishes the appearance Of scars. Instructions: Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

General instructions:

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

In case of: Continuous or Heavy Bleeding
Difficulty Breathing
Fever/ Chills
Continuous Nausea and Vomiting
Excessive Drainage from Surgical Area

Contact Dr. Horn or the clinical staff immediately.
During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.

Jackson Pratt Drain and Site Care

Please call the office to make appointment for drain to be removed when fluid amount is equal to or less than 15 milliliters per day for 24 hours.

Drain Care

- Always wash your hands with soap and water before handling the bulb.
- Measure drain output and empty 2-3 times a day or more frequently if the bulb is full.
 - There will be small calibrations on the bulb to show amount of output in milliliters (also called mL or CC).
 - Record the amount in each the Left and Right drain.
 - After measuring and recording, perform the following steps.
 1. Unscrew the cap to the drain and squeeze fluid into sink while avoiding touching the bulb to any dirty surfaces.
(You may also empty fluid into small measuring container before discarding).
 2. After the drain is empty compress it by squeezing it in your hand.
 3. While squeezing the bulb screw the cap back on.
****Drain is only effective when it is collapsed, this creates negative pressure, thus drawing excess fluid out of your body****
 4. Secure the bulb to your clothing and ensure that there is no kink in the tubing.
- Assess the tubing 2-3 times a day to look for a blood clot. This occurs naturally when blood is not pumping rapidly throughout the body.
- To clear a blood clot, perform the following steps:
 1. Wash hands
 2. Using an alcohol swab or clean hands, pinch the tubing to break up the clot.
 3. While ensuring that there is no tension placed on the entry of the tubing to your skin, you can pinch and stretch the tubing, thus working the clot down toward the bulb.

Site care

- 1-2 times a day gently cleanse the insertion site with a clean cloth or gauze.
- Apply bacitracin or Aquaphor to area to keep moisturized.
- If a scab forms on drain entry site, you can mix ½ hydrogen peroxide and ½ water to gently remove.
- You may shower if the insertion site is covered with a dressing and absolutely no water is exposed to the insertion site. Otherwise, sponge baths only.

Extra Tips

- Drain color may range from bright red to clear yellow. As our bodies heal it will get lighter and lighter.
- If you your drain is putting out more than 100cc in one hour, please call our office.
- Depending on the location of the drain site, you may want to place dry gauze there to prevent clothing from rubbing on the area. For example, bras and waistbands can be irritating to these sites.
- After site has healed you can apply scar creams at 4 weeks.

