

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	Front Desk – 314-996-8800 Option 2

Surgery DAY/TIME: _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

LOWER BODY LIFT

SIX WEEKS BEFORE SURGERY

1. **Smoking affects healing.** Please **stop smoking or ANY nicotine products for at least 6 weeks before surgery and one month after.** If needed, we can prescribe Chantix to help you quit.
2. **Good nutrition can help optimize wound healing and speed your recovery from plastic surgery.** To reduce the risk of problems, please be sure to consume a high protein diet and appropriately supplement any vitamin or dietary deficiencies that you may have.

TWO WEEKS BEFORE SURGERY

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed “**Medication and Supplement Alert List**” and let us know if you take any of them. For example, **garlic** and **ginseng** can **cause bleeding** even though they are homeopathic remedies and not true medicines. So please stop taking these, and any other non-prescription herbal medicines for two weeks before surgery. Also, Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, fever or any other illness prior to surgery, please notify us.
3. When you go home from the hospital, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to be available for you for at least 24 hours.

TWO EVENINGS BEFORE SURGERY

1. Take Colace and Arnica.

EVENING BEFORE SURGERY

1. Drink 24 oz of a clear carbohydrate beverage (Gatorade/power aid) or water
2. Eat a late dinner of your choosing
3. Have some jello and/or soup available for after surgery.
4. Get a good night’s rest.
5. Take Colace, Arnica, Zofran, Gabapentin and Celebrex.

MORNING OF SURGERY

Be at the Hospital at: _____

1. Drink 12 oz of water 4 HOURS before scheduled surgery time - *Do not drink milk, juice with pulp, cream, or sugar the morning of surgery*
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.

4. When in the hospital, you will be given the following oral medicines (we will give these to you at the hospital – there is no need to obtain or take these beforehand). These are : Tylenol, Gabapentin and Celecoxib.
5. DO NOT SMOKE

AFTER SURGERY

1. **Resting position-** While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to the bathroom but have someone keep an eye on you at first.
2. **Blood Clot Prevention-** To reduce the risk of blood clots after surgery you will be treated with a drug called **Lovenox**. This drug, also known as **low molecular weight heparin** is injected under the skin of the abdomen daily for at least 5 days after surgery. You will also have specialized stockings on your lower legs that intermittently massage your ankles. These also reduce the risks of blood clots.
3. **Diet-** A light diet is best for the rest of the day after surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
4. **Pain Control after Surgery-** You are given an Enhanced Recovery After Surgery or ERAS protocol. This is a protocol that incorporates best medical practices to optimize your comfort and speed up recovery. The ERAS protocol may include :
 - Transversus abdominis plain (TAP) block – administered by plastic surgeon to numb the abdominal wall
 - Celecoxib (Celebrex) – a selective cox-2 inhibitor, this is an anti-inflammatory medicine
 - Gabapentin (Neurontin) – this medicine dulls nerve-related pain
 - Oxycontin – narcotic medicine for pain control
 - Acetaminophen (Tylenol) – for pain control
 - Hydromorphone (Morphine) – for pain control when oral medicines are not enough
 - Zofran – a powerful anti-nausea medicine
 - Colace – a stool softener to prevent constipation due to the narcotic medicines

We will monitor your pain after surgery to personalize your recovery plan.

5. **Pain control-** If you have pain or discomfort, take the pain medication every 4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together. We may also prescribe a muscle relaxant that can be taken 3 times per day and may be more helpful than narcotic.

6. **Drains-** The bulb should be kept collapsed at all times. The fluid will need to be removed when the drain is no longer collapsed. Please keep a record of what time and how much fluid is emptied from the bulb in milliliters. Bring this record with you to the office appointment. Usually, drains are removed 2-4 weeks after your surgery. The drains will not be removed if you have drained more than 30 cc within a 24 hour period. Drains may be cumbersome. To avoid having them dangle or tug you may wish to purchase a “fanny pack” that is worn round the waist and can function as a receptacle for your drains or a belt to which you can safety pin your drains.
We may use an antiseptic-impregnated disk or “biopatch” around your drain where it exits the skin to reduce bacterial contamination.
7. **Wound glue-** The wounds have likely been sealed with medical glue no wound care except cleaning is required. Do not use ointment over medical glue.
8. **Showering-** You may shower 48 hours after surgery. The incisions can get soapy and wet, but avoid applying full showerhead pressure to them. Avoid soaking under water in a tub or pool.
9. **Supportive tape-** If supportive tape is used for your surgery, please continue to wear this until your first follow-up visit. Your doctor will remove this when appropriate. If it comes off in the meantime, please contact our office but do not replace it yourself.

OTHER POST-OPERATIVE INSTRUCTIONS

1. You may gradually resume normal daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort. Strenuous activities and exercises are to be avoided until 2 weeks after surgery. At that point, you may perform non-impact aerobics like the elliptical, StairMaster, arc trainer, or stationary bike. Light jogging, yoga, and lower body weight training can start at 3 weeks. Running, impact aerobics, and light upper body work can start at 4-6 weeks depending on your comfort level. Do not exceed lifting 10 lbs with your upper body for at least 6 weeks. If it hurts, back off. Start slow and progress as tolerated. Call your doctor if you have any questions.
2. Driving may be resumed when a sharp turn of the steering wheel will not cause pain and when you are off regular narcotic pain medicine.
3. Bruising and swelling are normal. This will disappear with time.
4. Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
5. If you have any questions, sudden onset of extreme pain, fever, or redness, please call Dr. Myckatyn or Dr. Tenenbaum’s office at 314-996-8800.

RETURNING TO WORK:

1. Working from home: Less than 1 week.
2. Desk job: 3 weeks
3. Up on your feet a lot: 4 weeks
4. Manual labor : 6 weeks

This could vary depending you're your condition and upon your healing.

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided initially. Your physician can help guide you through increasing your activity levels. If it hurts, back off. Start slow and progress as tolerated.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication.

For many patients follow-up includes:

- a) Follow-up within 5 to 14 days with our Nurses to pull drains, check wounds, and to address any minor questions or concerns
- b) Physician follow-up at 3 weeks, 6 months, and perhaps other visits to confirm you are healing well.

