

PRE-OP

2 Weeks before 1 Week before Few Days before 1 Day before Day of Surgery



Medications

Take this, not that.

Stop taking **NSAIDs** (ibuprofen, naproxen, Motrin, Aleve), **Vitamin E**, **garlic**, **ginseng**, or **Ginkgo**.

- NSAIDs and these supplements can increase your risk of bleeding and bruising after surgery.
- For aches and pains, take **Tylenol** instead.

Stop taking **baby aspirin** (81 mg) if you take it for general health.

- If you take it for any other reason, this will be discussed.



Diet

Eat this, not that.

Stop drinking **alcohol**.

You can pick up your post-op meds.

You can take necessary meds with sips of water.

Keep a healthy diet high in **protein** and **fiber**, and low in carbohydrates. Drink plenty of **water**. You're well-hydrated when your urine is pale yellow or clear.

- Depending on your size, you may need 75-100 oz. of water per day. Avoid sugary drinks.



Dressings, Garments & Bathing

Order your post-op **compression garments** now. Dr. Molina can help you with sizing.

- Bring them with you on the day of surgery.

Do not eat or drink **anything** after **midnight** the night before surgery.

Bring your garments!



Activity Level

Lowering your risk.

Stay active.

- Your heart and lungs will perform better during surgery.

Avoid sitting for prolonged periods.

- Blood clots that may have otherwise gone unnoticed could become a more serious problem after a tummy tuck.
- If you're planning to take a long flight or road trip shortly before or after your surgery date, please let us know.



Tasks

Getting ready.

Prepare yourself and your home for recovery.

- Your surgical garments may become soiled if enough fluid leaks out of your incisions. This is OK, but you may want to sleep on a few bath towels to keep your mattress clean.
- Arrange **transport**. A responsible adult must accompany you home after surgery.
- Arrange **home care**. You may need some assistance for 1-2 days after surgery.
- Plan for **time off** from work. Depending on your job duties, you will need 1-4 weeks off.

Shower in the AM.

- Do NOT apply any creams or lotions after.

Leave your contacts and jewelry at home.



Coordination

Who, what, where, when.

Our office will call you to confirm important info:

- **When** and where to go for your procedure
- **Who** is picking you up afterwards
- **Where** you're staying post-op
- **How** to reach Dr. Molina

TUMMY TUCK

MOLINA

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