

Mommy Makeover

(Abdominoplasty, Liposuction, Breast Augmentation, Mastopexy)

Pre & Post Operative Instructions

Understanding Your Surgery with General Anesthesia:

- **General Anesthesia:** This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.
 - **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
 - **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

Shopping List

- ☐ Tylenol (Acetaminophen) – Safe for pain management
- ☐ No-Slip Socks – Recommended to prevent falls
- ☐ Compression Garments (specific to your procedures, see below)
- ☐ Chucks Pads – Useful for protecting bedding
- ☐ Laxatives & Stool Softeners – Prevents constipation from narcotic pain medication
- ☐ Antibiotic Ointment – For belly button and incision care (if applicable)

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: [Preoperative Instructions for Your Upcoming Surgery](#) &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
 - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Shower or Bath:** On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - **Avoid Applying Products:** Do not apply any lotions, perfumes, or other products to your skin after bathing.
- **Medications:**
 - **Blood Pressure Medications:**
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - **Diabetes Medications:**
 - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.
- **Fasting:** Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for 8 hours before your surgery.

- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Shaving:** If shaving is necessary in the area to be operated on, please do so 3 days prior to your surgery date. Shaving closer to your surgery date, including the day before or the day of, is not advised as it can increase the risk of surgical site infections.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

Medications

1. Tylenol (Acetaminophen):
 - Pain Relief: Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. Narcotic Pain Medication:
 - Prescription Medication: If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - Preventing Constipation: You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. Zofran (Ondansetron):
 - Nausea Prevention: Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. Antibiotics:
 - Infection Prevention: If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. Sinnech (Arnica Montana):
 - Reducing Swelling and Bruising: Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can potentially speed up your recovery process. Please follow the specific dosage instructions provided.

Nutrition

- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.
- Meal Approach: If you have a reduced appetite, eat small, frequent meals.

Activity

- Walking After Surgery

- It is normal to feel tightness in your abdomen after surgery. During the first 5–7 days, you may find it more comfortable to walk with a slight bend at the waist. This hunched posture helps reduce tension on your incision and promotes safe healing.
 - As your body heals and you feel more comfortable, gradually return to a fully upright posture. This usually happens within the first 1–2 weeks.
- Begin walking short distances around your home (or hotel room if traveling) on the day of surgery or as soon as you're able, with assistance as needed.
 - This includes walking within the room, to the bathroom, and around the space—not walking outside or climbing stairs in the immediate post-op period.
- Walk every 1–2 hours while awake to help prevent blood clots (DVT), improve circulation, and reduce swelling.
- Do not stay in bed for extended periods — light movement is essential for recovery.
- Always follow your surgeon's specific recommendations and contact the office if you experience increased pain, shortness of breath, or difficulty walking.
- **Resting & Sleep Position:** Sleep on your back with your head elevated 30-40 degrees (using 2-3 pillows) and your knees slightly bent with a pillow underneath. This position helps reduce swelling, relieves tension on incision sites, and promotes healing.
 - Avoid sleeping on your side for at least 4 weeks.
- **Exercise:** Light physical activity can typically be resumed 4-6 weeks after surgery. Start gradually and build back up to your usual exercise routine.
 - More intense activity can generally begin at 6-8 weeks or as instructed by your surgeon. Be aware that swelling may temporarily increase with exercise.
- **Arm Movements:** Limit arm movements to essential daily activities like brushing your teeth, eating, and gently washing or combing your hair.
 - Avoid vigorous movements and refrain from lifting anything heavier than 5 lbs for 4 to 6 weeks, or as advised by your surgeon.
 - If an activity causes discomfort or pain, stop immediately.
- **Return to Work:** Most patients require 5-7 days off work, depending on their job responsibilities. A light schedule or part-time work can help ease the transition. For personalized advice, consult your surgeon.
- **Sexual Intercourse:** You can resume sexual activity when you feel ready and your incisions are well healed, typically after one month. Keep in mind:
 - Avoid touching the breasts.
 - Do not lay on your stomach or side.
 - For specific guidance, check with your surgeon
- **Breast Exercises:** Breast exercises are generally not necessary after augmentation, especially with anatomical-shaped implants, as they may cause shifting. Your surgeon will advise you if exercises are needed during follow-up visits.

- **Driving:** Do not drive while taking narcotics. Once off narcotics and fully mobile, you may resume driving (typically after 1-3 weeks, depending on recovery).
- **Showering:** You may shower, with assistance, 24-48 hours after surgery. Your incisions are covered with waterproof dressings and require no special care during this time.
- **Hot Tubs/Baths/Swimming Pools.** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

Your Recovery Bra

You will be provided with a supportive surgical bra after surgery.

- The bra should feel supportive but not constricting or overly compressive.
- Wear it 24 hours a day for the first month, with two short breaks daily.
- To make daily wear easier, we recommend purchasing two bras so you can alternate as needed while keeping one clean.
- You may purchase your own garment if you prefer, as long as it is:
 - Made of a soft material
 - Opens and closes in the front (no garments that go over the head or close in the back)
 - Contains no underwire

Wearing the garment as directed is an important part of your recovery and helps support optimal healing.

How to Care for Your Incisions

- **Incisions:** Your incisions are sealed with waterproof surgical glue to protect the area during healing. The glue will naturally fall off over time, so please avoid removing it yourself.
- **Stitches:** All stitches are dissolvable and will not require removal.
- **Taping for Enhanced Recovery:** In some cases, a specialized taping technique may be applied to each breast after surgery to aid in lymphatic drainage and reduce swelling.

The tape will extend from the clavicle to just below the breast, using narrow strips to support fluid movement away from the surgical site.

- Duration: Leave the tape on for 6 days.
- Removal: After 6 days, gently remove the tape yourself.
- Aftercare: Once the tape is removed, monitor the area for irritation or discomfort, and contact our office if you have any concerns.
- Drains:
You may go home with one or more Jackson-Pratt (JP) drains after your surgery. These drains help remove excess fluid from the surgical site and are usually kept in place for 1-2 weeks, depending on your recovery.
 - For detailed instructions on how to care for your drains at home, please refer to the [Jackson-Pratt \(JP\) Drain Home Care Instructions](#) provided by our team.

What to Expect

- Bruising: Some bruising is normal after surgery. Most bruises will fade within 2-3 weeks, changing from a purplish color to yellow or green as they heal.
- Swelling: Swelling, particularly in the upper part of the breasts, is common and may take 3-4 weeks to improve. This swelling can make the implants appear higher than expected. As the swelling subsides, the implants will settle into a lower, more natural position. Swelling in the lower body, such as the abdomen or pubic area, may also occur and is normal—it will resolve over time.
- Itching: Itching around the incision sites is normal for a few days after surgery. You may take Benadryl to help relieve the itching if needed.
- Pain: It's common to experience tightness, pressure, soreness, itching, and fatigue for several days to weeks as your skin and muscles adjust to the implants.
- Implant Position: Implants may initially appear higher, firmer, and uneven due to swelling. After 3-6 weeks, you should see a more settled result, though in some cases, swelling can persist longer.
- Sensory Changes in Skin: You may notice reduced or heightened sensation in the nipples, incision sites, and breast tissue. This is normal, and sensation typically returns over a few weeks to months.
- Crackling/Sloshing Sounds: Hearing crackling or sloshing sounds is normal due to air and fluid left behind after surgery. These sounds usually resolve within 5-7 days as your body absorbs the fluid.

Lymphatic Drainage Massage

- Recommended for all mommy makeover procedures to reduce swelling and enhance recovery.
- Consult with our lymphatic drainage specialist for an individualized plan.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

Prioritizing Appointments: Attending follow-up appointments is crucial for monitoring your recovery and ensuring the effectiveness of your treatment. Please prioritize these appointments to ensure optimal care and address any concerns you may have.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	<ul style="list-style-type: none"> • General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	<ul style="list-style-type: none"> • Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> • Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.