

# Rib Remodeling (Rib Reshaping Surgery)

## Pre & Post Operative Instructions

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### Understanding Your Surgery

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Rib remodeling is a surgical procedure designed to reshape and reposition the ribs to create a narrower waist contour. Unlike traditional rib removal procedures, rib remodeling reshapes and repositions the lower floating ribs rather than removing them."

#### Surgical Technique

Rib remodeling is often performed in combination with liposuction of surrounding areas to enhance overall contour. Not all patients will have liposuction, and your surgeon will review your specific surgical plan with you in advance.

The procedure typically focuses on the lower floating ribs (commonly ribs 10, 11, and 12), which may be reshaped and repositioned to create a narrower waist contour. Once the ribs are repositioned, compression garments and a corset are essential to support healing and help the ribs adapt to their new position.

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### Preparing for a General Anesthesia Procedure

**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):** If your pain is manageable, Tylenol is a suitable alternative to narcotic pain medications. Please avoid NSAIDs such as Ibuprofen and Naproxen until the second week post-surgery.

## 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, you 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. This means no eating or drinking, including water, for 8 hours before your surgery. Check your paperwork or email our office for further guidance, if needed. This information will be on the 1st page of this document.
- Shaving: If there is hair in the bikini line area where the incision will be made, please trim or shave this area approximately 3 days prior to your surgery date. Do not shave the day before or the day of surgery, as this can increase the risk of surgical site infection. If additional hair removal is needed, the surgical team will address this on the day of 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.
- Menstruation and Surgery
  - If you are on your menstrual period on the day of surgery, you may wear a sanitary pad or disposable underwear.
  - For safety reasons, internal menstrual products (such as tampons or menstrual cups) are not used.
  - After surgery, if you need menstrual supplies before leaving the facility, pads can be provided upon request. Application of any menstrual product is performed by the patient.
- Clothing: Opt for loose, comfortable clothing. A button-up or zip-front top is ideal for after the surgery.

## 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.

## Garment & Corset Protocol (Very Important)

Consistent corset use is considered an essential part of the healing and remodeling process. Failure to follow the compression and corset protocol may negatively affect final results.

### 24/7 Wear Requirement

- Garments must be worn 24 hours a day
  - They may be removed only for brief showers (3–5 minutes maximum)
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### Stage 1: Initial Compression Phase (Days 1–7)

During the first week after surgery, you will wear a multi-layer compression system, which may include:

- Foam padding to distribute pressure evenly
- A compression belt
- A supportive body garment or shaping garment
- A corset, adjusted daily as instructed

Your waist may be measured daily, and the corset adjusted gradually under guidance to support safe remodeling.

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### Stage 2: Continued Remodeling Phase (Weeks 2–12)

Beginning in the second week:

- You will continue wearing a corset and compression belt together

- These must be worn 24/7 for up to three months, unless otherwise directed
- Garments may evolve based on swelling and surgeon assessment

You will typically require two garments per stage to allow for hygiene and proper fit (total of four garments).

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### Garment Notes

- Garments should feel firmly supportive but not painful
  - Excessive tightness, numbness, or difficulty breathing should be reported immediately
  - Do not modify garments unless instructed by your surgeon
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### Activity & Recovery

- Many patients are able to return to desk-type work within approximately 1–2 weeks, depending on comfort level and individual recovery.
- More strenuous activity and gym exercise typically require 6–8 weeks or longer before resuming.
- Begin gentle walking as soon as possible to improve circulation and reduce the risk of blood clots.

### Activity Restrictions

- Avoid strenuous activity, twisting, or heavy lifting for at least 6–8 weeks
- Do not engage in high-impact exercise until cleared by your surgeon
- Avoid movements that cause discomfort or strain to the torso

## Breathing

You may feel tightness or restriction due to compression garments. This is expected. Take slow, deep breaths throughout the day.

### Seek emergency care if you experience:

- Sudden or worsening shortness of breath that does not improve with rest
- Chest pain or pressure
- Dizziness, fainting, or a feeling that you cannot get enough air
- Bluish discoloration of the lips or fingertips

## How to Care for Your Incisions

- Incisions are closed with dissolvable sutures and/or surgical glue
- Do not remove glue or tape
- You may shower 24–48 hours after surgery unless instructed otherwise
- Avoid soaking in baths, pools, or hot tubs until cleared

## Bathing & Swimming

- Showering: You may shower with regular soap and water the day following surgery.
- 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.

## What to Expect

- You may feel tightness during recovery due to swelling and compression garments, but normal breathing and chest function are expected.

- Swelling and bruising along the torso and waist are expected
- If liposuction is performed, bruising, swelling, and soreness in the treated areas are expected. Bruising typically improves within 2–3 weeks, while swelling may take several weeks to gradually resolve.
- Final results take time and depend on consistent garment use
- Final contour changes continue to develop over several months as swelling improves and the ribs heal into their new position.

## Emotional Recovery

Body contouring procedures can bring up a range of emotions. It is normal to experience excitement, doubt, or emotional sensitivity during recovery.

If emotional distress feels persistent or overwhelming, we encourage you to reach out to your primary care provider or a licensed mental health professional for additional support.

## 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 & ensuring the effectiveness of your treatment.

## 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@asiapacificaesthetics.com	<ul style="list-style-type: none"> <li>• General recovery questions</li> <li>• Appointment inquiries</li> <li>• Prescription refills</li> </ul>
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"> <li>• Swelling, bruising, or redness</li> <li>• Severe pain</li> <li>• High fever</li> <li>• Unusual discharge or odor</li> <li>• Uncontrolled bleeding</li> </ul>
Medical Emergencies	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> <li>• Difficulty breathing</li> <li>• Chest pain</li> <li>• Severe calf pain</li> <li>• Signs of heart attack or pulmonary embolism</li> </ul>

### 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.