



GENERAL ANESTHESIA INSTRUCTIONS

The following guidelines are provided to ensure your comfort and safety during this important event in your life. We are committed to providing you the best possible care, and part of the process involves communication of instructions which you must understand and follow to optimize your surgical outcome.

You will need a support person available to you for the first 24-48 hours after your surgery. You should not drive yourself or take a taxi/Uber ride alone.



PREPARING FOR SURGERY

Complete any preoperative labs (if necessary).

- Please fill your prescriptions after your pre-op appointment.
- Avoid taking other medications unless cleared with our office. Remember to stop medicines containing Aspirin, Motrin, Ibuprofen, Advil, etc. to avoid excess bleeding/bruising. Do not take fish oil, vitamin E, or uncleared herbal supplements 2 weeks prior and at least 2 weeks after your operation. Tylenol (Acetaminophen) is safe to take for pain any time.
- Report to us any signs of flu-like symptoms or infection including fevers, chills, general malaise, etc. that arises anytime between now and the time of your operation.
- Prepare for the first month after surgery and optimize your schedule to keep your heart rate and blood pressure low in order to encourage healing.
- Do not raise your heart rate more than 20 beats per minute above your average resting heart rate.

SURGERY

DATE & TIME:

ARRIVAL TIME:

Please do not eat or drink after midnight the night before.

- Remove everything that can be removed: no makeup, lotion, metal piercings, retainers, or contact lenses.
- Wear loose, comfortable clothing including a button-up or zippered top.
- Our office will call your contact when surgery is finished, and the recovery room nurse will call them as well when you are ready to go home.
- Do not plan to do anything other than rest for at least the first 24-48 hours after surgery.



AFTER YOUR SURGERY

Post-Local Anesthesia

- Text Dr. Horton when you get home safely - be sure to include your full name. 415-994-3342.
- You will wake up wearing dressings and compression. Continue wearing them until your first postoperative appointment.
- Take 10 deep breaths every hour while you are awake. Continue wearing compression stockings for the first couple of days as tolerated. You may loosen your compression as needed for comfort.
- Take all medications exactly as prescribed. If you have any questions about your prescription medication please call or text us for clarification.
- Aim to get 10 minutes of movement every 2 hours that you are awake.
- We will give you instructions how to shower at your first postoperative appointment.
- Avoid strenuous activities (i.e. working out, heavy lifting, sex) for at least the first month after surgery, or until you are cleared by our office.
- We will educate you about scar therapy once you are ready.
(6-8 weeks post-op).



415-994-3342

Dr. Horton's cell phone number.
Text Dr. Horton anytime, any day of the week with questions or concerns before or after your surgery.



415-923-3067

Office phone number



MEDICATIONS

Ativan (Lorazepam) 1 mg:

Take 1 pill the night before surgery to help you sleep and another pill the morning of surgery with a baby sip of water. In recovery, take this as needed every 6-8 hours in recover for anxiety, nausea, or general restlessness. *Do not combine with Alcohol.*

Emend (Aprepitant) 40 mg:

Bring with you the morning of surgery to prevent nausea after surgery.

Keflex (Cephalexin) 500 mg:

Antibiotic- take one capsule four times a day for ___ days after surgery to prevent post-op infection.

Cipro (Ciprofloxacin) 500 mg:

Antibiotic- take one capsule twice a day for ___ days after surgery to prevent post-op infection.

Percocet / Norco:

for pain only as needed, see instructions for dosing on the bottle.

Extra strength Tylenol 500 mg:

Take 1-2 tablets every 4-5 hours as needed for pain. Over the counter. Do not take more than 4,000 mg in one day.

Stool Softener/Laxative:

Take one dose every day you take a narcotic to prevent constipation. Over the counter. Examples include miralax, colace, etc.



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ABDOMINOPLASTY

Typical post-operative symptoms you can expect after your abdominoplasty include:

Discomfort such as tightness, stiffness, bruising, swelling, tingling, burning, and/or intermittent shooting pain: These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. Consistent sharp pain should be reported to Dr. Horton immediately.

Skin firmness, hypersensitivity or lack of sensitivity: This is normal and will gradually resolve over several months.

Shiny skin or any itchy feeling: Swelling can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. If the skin becomes red, hot to the touch, or you develop a fever over 101 F contact our office immediately.

Asymmetry: Both sides of your body heal differently. One side of your body may look or feel quite different from the other in the days following surgery. This is expected. However, extreme asymmetry should be reported to Dr. Horton immediately.

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TO ALLEVIATE POSTOPERATIVE DISCOMFORT:

- Continue taking Tylenol Extra Strength (no more than 4000 mg in a day) and the prescribed pain medications if needed.
- Continue wearing your compression as tolerated. If your binder and/or ACE wrap becomes uncomfortable you may loosen it or wear a camisole or tank top in between your abdomen and the binder.
- Continue to rest with good nutrition, good hydration, and good entertainment.
- Prioritize extra protein and fiber during healing.
- Follow the drain care instructions provided to you. You will learn how to empty the drains and record the amount of fluid from the drain. Do not be intimidated by drains, drains are your friends!

Things to avoid:

- Keep your heart rate and blood pressure low (< 20 BPM than your normal heart rate) for the first month after surgery. No exercise (cleaning your house, sex, etc.) for 4 weeks or until all of your bruising is gone.
- No submerging in water (baths, pools, etc.) until your wounds are fully healed (4-8 weeks).
- No heat or ice directly on your surgical area.

Text Dr. Horton 415-994-3342 immediately if you experience any of the following:

- A high fever (greater than 101 F or 38.5 C), severe nausea and vomiting, continued dizziness or incoherent behavior.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through your incisions.
- A sudden change in size / shape of the abdomen.
- Any other concerns, no matter how small.

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