

# WESTERN AVENUE DAY SURGERY CENTER

Plastic, Reconstructive and Cosmetic Surgery  
Surgery of the Hand

244 WESTERN AVENUE  
SOUTH PORTLAND, MAINE 04106-2496  
TEL. 207.775-3446 FAX 207.879.1646

## Postoperative Instructions for ABDOMINOPLASTY

### **ACTIVITY**

#### DAY OF SURGERY:

- Keep activities to minimum (preferably have someone assist you to the bathroom).
- Do not stand up straight when walking. Place pillow under knees while sitting or lying down in order to lessen pressure on abdominal incision.

#### FIRST WEEK:

- You may gradually increase your activity to your comfort level. Generally, the earlier you resume activity the shorter your recovery time, but do not overdo. You will want to limit your activities significantly for the first week.
- No driving until permitted by physician.
- Avoid heavy lifting, sports and other strenuous activities for 4 weeks.

### **MEDICATION & COMFORT:**

- **Take pain medications with food**, following instructions on bottle. For the first day or two, have someone else give you medication according to correct time intervals, as you might forget and take it too often. **No alcohol** while on pain medication.
- Pain medication may cause drowsiness and may cause constipation.
- Please remember that refills will only be considered during office hours, 9 am to 5 pm, Monday through Friday. If you feel you need more pain medicine, please call during these times.

### **DIET**

- Light foods initially and advance diet as tolerated. Drink lots of liquids.

### **THERAPY**

- Cough and deep breathe every hour while awake for 2 days.
- For mild fever (less than 100 F.) increase frequency of coughing & deep breathing (use a pillow to support the abdomen).
- Leave abdominal binder in place and keep dry (DON'T attempt to remove and replace).
- Do not shower until seen by physician.

### **YOU CAN EXPECT:**

- Moderate discomfort
- If you have bulb drainage - refer to drain form for guideline
- Drainage may temporarily increase after activity (walking, vomiting).
- Some drainage on dressing.

### **Call the office (775-3446) if you have:**

- Severe pain not responding to medication.
- Fever great than 100 F.
- Drains that require emptying more than 4 times per day after the first day.
- Large spots of drainage coming through the abdominal binder.
- Any other question or problem.

### **OTHER:**

- No smoking for at least 48 hours after surgery, to prevent possible bleeding and delayed healing.

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I have received the above instructions.

Signature *X* \_\_\_\_\_

Relationship to patient \_\_\_\_\_

Date \_\_\_\_\_