Postoperative Instructions for ABDOMINOPLASTY

ACTIVITY

* Do not stand up straight when walking. Keep your waist flexed for comfort, especially when changing positions.
* Place a pillow under your knees while sitting or lying down to lessen pressure on abdominal incision.
* Do not strain or do anything which requires significant effort. Gradually increase your activities to your comfort level.
* In general, you will need about 2 weeks off from work. Plan to avoid travel and heavy lifting/ heavy exercise for 6 weeks after surgery.

HOME CARE

* Cough and deep breathe every hour while awake for 2 days. For mild fever (less than 100°F), increase frequency of coughing or deep breathing.
* Leave abdominal binder in place and keep dry until your follow-up appointment, unless instructed otherwise. The binder is recommended at all times, for 3 weeks following surgery
* Reinforce dressing as needed with gauze or pads.
* Avoid sleeping on incisions. Use pillows to help create a comfortable position on your back or sleep in a reclining chair.
* The drainage tubes will remain in place until your follow up visit. Please bring the drain record to each of your follow-up appointments. Typically, drainage tubes will be removed when drain output is 25cc or less per 24 hours. If drain output is higher, one or both tubes will be left in place until drainage decreases.
* No smoking after surgery to prevent possible bleeding and delayed healing.
* Please plan to have a responsible adult with you **for at least 24 hours** following surgery.

WHAT TO EXPECT

* Moderate discomfort.
* There will be swelling of the abdomen. A feeling of tightness is normal. Swelling and tightness resolve slowly over a period of weeks.
* Small spots of drainage on dressings.
* Drainage may temporarily increase after activity.
* The final result is typically apparent 6-12 weeks after surgery.

MEDICATION & COMFORT

* You may take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain relief.
* Pain medications may cause drowsiness, upset stomach, and constipation.
* Take pain medication with food.
* Do not drink alcohol or drive while taking prescribed pain medication.
* Refills are only available during office hours – 9am to 5pm, Monday through Friday. If you feel you need more pain medication, please call during those times.

CALL THE OFFICE (775-3446) IF YOU NOTICE

* Large spots of drainage that soak through the bandages.
* Severe pain not responding to medication.
* Fever greater than 100°F.
* Drains that require emptying more than 4 times per day after the first day.
* Excessive swelling or bleeding of one area.

I have received the above instructions. Signature X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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