

## **ABDOMINOPLASTY POST-OPERATIVE INSTRUCTIONS**

1. **DRESSINGS:** You will need to wear an abdominal binder or pressure garment for six to eight weeks after surgery. This helps reduce the amount of swelling and helps the skin to shrink.
2. **WOUND CARE:** You may shower 48 hours after surgery. **DO NOT** sit or soak in a bathtub. Clean incision and drain sites with soap and water and apply antibiotic ointment two times a day and keep covered with 4X4 gauze and tape.
3. **MEDICATIONS:** Take your antibiotics and pain medication as directed. You need to eat before taking these medications. **DO NOT** drink alcohol. Drink plenty of water with your antibiotics.
4. **REST:** Your abdomen will feel tight after you abdominoplasty. **DO NOT** try to stand straight up immediately after your surgery. It is important that you walk to help prevent clots from forming in your legs. You may gradually begin to stand straight in the days following surgery. You should not participate in sports or do strenuous activities for 6 weeks following surgery. **DO NOT** get hot and sweaty.
5. **SLEEPING:** While sleeping it is helpful to place pillows beneath your knees. Keep your waist bent. You may lie on your sides or back. It is important to move your feet to increase the circulation in your legs, while resting in bed.
6. **DRAINS:** Drain care will be demonstrated prior to leaving the surgical facility. You will also be given written drain care instructions following surgery as well as a sheet to record the output. It is important that you record your drain output accurately. You may shower with your drains in place.
7. **BRUISING:** The amount of bruising varies and depends mainly on the individual patient. The length of time it takes for the discoloration to disappear is basically the same as the time it takes for bruises to resolve elsewhere on your body. **REMEMBER – DO NOT TAKE ANY ASPIRIN-like compounds** in the two weeks prior to and following surgery. Be sure to tell me if you have a history of bruising easily or bleeding excessively.
8. **NUMBNESS:** You will experience numbness following your abdominoplasty which may last for months.
9. **SMOKING:** Do not smoke after surgery. If you do smoke, you dramatically increase the risk of complications.
10. **OTHER:** If you have any questions or problems, please phone 936-539-8115.