

**Body Contouring Discharge Instructions**  
**Dr. Michele Shermak**  
**The Plastic Surgery Center of Maryland**



**Diet**

- You may resume a regular diet.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This could be easily avoided by consuming fluids.

**Activity**

- No strenuous activity for 4 weeks (raking, shoveling, vacuuming, etc.).
- No heavy lifting or pushing >5 lbs. for 6 weeks.
- Walking is encouraged. This is an important step in preventing blood clots in the legs which is a serious condition.
- You may return to the gym within one month's time to enjoy a cardio workout, but no lifting or pushing weights (upper or lower body) for an additional one month.
- If a brachioplasty was performed, do not raise hands above the head. This can stretch and strain the incision.

**Showering**

- You may take down dressings and shower 2-3 days after surgery.
- Do not submerge wounds in water (such as soaking in the bathtub). Rather, take showers and allow soapy water to run over your incisions then pat dry.
- Pin your drains to a belt that may get wet in the shower (belt of bathrobe) to avoid tugging on drain sites.
- If you had a thigh lift performed, you may wish to wash your groin with Dove wipes available at grocery and discount stores for a non-abrasive cleansing every time you toilet.
- Do not apply deodorant/antiperspirant to arms if you had a brachioplasty performed. Talk to Dr. Shermak about when you may resume this.

**Dressings/Wound Care**

- Take dressings down 2-3 days after surgery, and then change dressings daily.
- The dressing should include either Xeroform (yellow dressing/cloths) or Vaseline petroleum jelly to the incisions then place clean ABD pads before putting on the abdominal binder and/or support bra. You will only need to apply clean ABD pads to the thighs and back as those incisions are covered with a "skin glue" to help protect the incisions.

- Wear the abdominal binder and/or support bra at all times. You will wear this binder for at least 4 weeks and the support bra for 2-4 weeks.
- You may wash your abdominal binder and/or support bra in cold water but make sure to line dry and do not use bleach.
- If a brachioplasty was performed, do not reapply bandages after removal 2-3 days after surgery. Apply Aquaphor 2x/day to all incisions.
- Drain Care:
  - Strip, empty, and record output twice daily. Keep a log of the outputs and bring the log with you to your follow-up appointment.

### **Medications**

- *Antibiotic:* You will take an antibiotic (Bactrim or Levaquin) for 2 weeks.
- *Pain Pump:* You may have had a pain pump placed. You will go home with this device. You should have enough pain medication in the pump to last about 5 days. You can remove the pain pump tubing when the pump is empty by gently pulling the tubing or you can wait until your follow-up appointment to have it removed.
- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling.
- A stool softener (Colace) is recommended while taking narcotics as these can lead to constipation.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Aspirin, Naprosyn, Anti-Inflammatory medications, and etc.) please discuss the appropriate time to resume taking this medication with Dr. Shermak.

### **Follow-Up**

- The first appointment will take place within a week of surgery. Please call 410-616-3000 with any questions.

### **What You Can Expect**

- Your body will help you in determining your limits—if it hurts, stop doing the activity.
- If you had a backlift or thighlift performed, you will note crusting on the thighs and back from the “skin glue.” This will begin to wear off as you shower.
- You can expect to begin scar therapy in 3-4 weeks’ time. You will be asked to massage your scars with Cocco Butter with Vitamin E or Mederma twice daily to obtain optimum results. We want you to have the best outcome possible.
- You can expect to see us in clinic each week for the first 2 weeks. The remainder of your visits will be determined based on your progress. You are always welcome to see us earlier if you have questions or concerns.
- Your first drain(s) will likely be removed on your first follow-up appointment. The remaining drains will be removed at each subsequent visit given the amount of drain output.

### **What to Watch For and When to Call**

- You can call our office at any time to speak with Ann or with Dr. Shermak if you have questions or concerns at 410.616.3000. In addition, you can also reach Dr. Shermak by email at **shermakmd@gmail.com**.
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.
- Call if you notice asymmetry in swelling in a side or area of any incision or if you note skin changes (such as the color or texture of the skin).
- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Seek medical attention if you develop unilateral calf or arm pain/swelling. This could be a sign of a serious condition.
- Seek medical attention immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

*Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you.  
Get plenty of rest and best wishes for a speedy recovery!*