AESTHERA

PLASTIC SURGERY

ABDOMINOPLASTY INSTRUCTIONS

This handout provides information on how to prepare for your abdominoplasty operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your abdominoplasty operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin),Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.

2. Your prescriptions will be sent to you ahead of time. You should fill these prior to your operation and have them available for when you arrive home from the hospital.

3. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your operation.

4. Be aware that you will not be able to fly following your operation and please plan accordingly. It is best not to plan any unnecessary trips for 4-6 weeks to make sure you are fully recovered and ready for travel.

5. In general, you will need at 2 weeks off from work.

On the day of your operation:

- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.
- Please keep your valuables at home.
- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front. Wear pants that do not fit tightly.

After your operation:

1. After your operation, you will wake up with a bandage on your abdomen that is covered with a compression garment (abdominal binder). There will be two drainage tubes coming from under the abdominal binder.

2. Your dressings will be waterproof. At 72 hours you may remove the binder, secure the drainage tubes and take a shower. To manage the drains while in the shower, patients have worn underwear and pinned the drains to the underwear, or patients have pinned the drains to a lanyard or an inexpensive necklace around their neck. Other patients have had a family member or friend hold the drains. Once you are done in the shower, replace the binder. You will wear the binder 24 hours a day for 3 weeks.

3. The drainage tubes will remain in place for at least one week. You will be taught how to empty and record the drainage from the tubes. Please bring the record of the amounts emptied from each drain to your follow-up appointment.

4. It is best to sleep on your back with your back and head elevated on pillows. Some patients find that a pillow under the knees and calves adds to comfort.

5. Remain flexed at the waist while resting, changing positions, and walking. You may get up to use the bathroom or to take light walks around the house.

6. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.

7. The most common complaint after the operation is nausea, although this generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.

8. Use the pain medication as prescribed when you are feeling uncomfortable.

9. You can walk around the house during the first week. It will be at 2 weeks before you can begin light exercise such as walking for distances outside your house or sitting on an exercise bike. Heavy exercise and heavy lifting are not permitted for 8 weeks.

10. You will be able to drive after one to two weeks depending, on how you feel. Be aware that pain medications cause drowsiness and should not be used before driving.

11. Some patients experience constipation. To avoid straining it is recommended that you start a stool softener on the day after your operation. If you are prone to constipation you may want to start the stool softener the week before surgery. Examples of stool softeners are Metamucil or Colace.

What to expect as you are healing:

1. You will have bruising and swelling on your abdomen that will take several weeks or longer to subside.

2. It is normal to have a feeling of tightness in your abdomen. This will resolve slowly over several weeks to months.

3. Your incision may be raised, red, and feel hard for months. The scars will soften and fade with time.

4. The final result of surgery needs to be judged 6-12 months after your operation.

Follow-up appointments:

1. You will have several follow-up appointments after your abdominoplasty operation.

2. Your first follow-up appointment will be at 1 week. At this time, you will have your abdominal dressing removed. You will review your record of drainage output from the tubes with Dr. Chegireddy to determine if the tubes are ready to be removed at this time.

3. Your second appointment will be 1 weeks after your first follow-up appointment (2 weeks after your operation).

4. Subsequent appointments will usually be at 6 weeks, 3 months, and 1 year postop suggested by Dr. Chegireddy.

If you have any questions you may reach Dr. CV Chegireddy by calling the office at (404) 446-0044 during and after business hours.