

JAMES P. ANTHONY, M.D., FACS, INC.
PLASTIC SURGERY

ABDOMINOPLASTY
POST-SURGERY INSTRUCTIONS

MEDICATION

Please do not take Vitamin E, aspirin, Bufferin or any medicine containing ibuprofen (ie.Motrin) 10 days before surgery. Tylenol is fine to use as a mild pain reliever before and after your surgery. You will also be given prescriptions for pain medication and antibiotics to take to take after your surgery. The pain medicine can be taken every 4-6 hours if needed but the antibiotics should be taken until all the pills are gone. It is OK to start taking ibuprofen 36 hours after surgery. This may be taken with your prescription pain medicine and will let you stop taking the prescription medicine more quickly.

CLOTHING

We will provide you with a compression binder to wear after surgery. This binder should be adjusted to provide compression and support but shouldn't make you feel squeezed too tightly. Most patients wear the binder for about 2-3 weeks after surgery. Please note: Wear loose fitting clothing to your surgery, this is helpful when we are placing your clothing up post surgery.

ACTIVITY

Please try to walk several times the day of and the first days after surgery. Walking slightly bent over for the first 3-5 days will help you feel more comfortable and sleeping in either a lounge chair position (back up and knees up) or on your side with your knees drawn up a little (the fetal position) is generally best.

BANDAGES

The dressings placed are waterproof, however, they can be soaked underneath with showering and for that reason we recommend either a sponge bath or trying to minimize wetting the dressing while showering. If your dressing does become soaked underneath, that's OK, just please call our office and we can arrange for a follow up appointment for the next day. Your drains will be removed in 7-14 days in most cases.

DRAINS: You will have (2) Drains in your pubic region. The drains are strategically placed to help eliminate fluids that build up in your body post abdominal surgery. The drains have clearly marked numbers on them so you can measure how much fluid is released from your body. You will be given a drain log post operatively by the nursing staff – this log contains instructions on how to read and record important information about your fluid output. Please note that the drains will be removed when you have less than **20 cc over a 24 hour period**. It is imperative to have accurate notation on the drain log.