



C O U R T N E Y
P L A S T I C S U R G E R Y

ABDOMINOPLASTY

SCHEDULE Your first follow up appointments will be 1-week post-op. We will see you again 3-4 weeks post-surgery for a tape removal, 3 months, 6 months, and yearly after that. (This may vary for some patients.)

ACTIVITY Take it easy for the first few days following surgery. You want to make sure you get up every 2-3 hours to walk for a few minutes and then return to resting, this helps reduce swelling and lower the chances of developing a blood clot. You will be walking hunched over for 1-2 weeks. You can straighten up as you feel comfortable. Avoid lifting, pushing, or pulling anything greater than 10-15lbs. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 6 weeks. After 6 weeks you may ease back into your normal workout routine. No straining on the toilet.

MEDICATIONS Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications.

GARMENT You will be sent home with a surgical binder that you'll wear for the first 24-36 hours. You may transition into the 1st stage garment after the first shower. You should wear your garment continuously for 6-8 weeks. It is okay to take a 1-2-hour max break. Machine wash on cold and hang to dry.

INCISION You will have Prineo tape over your incisions that we will remove for you 3-4 weeks post op. Tape should stay clean and dry. All sutures are internal and dissolvable. Inspect daily for any visible signs of infection. Light bleeding from the incisions is normal. You may start using Biocorneum Scar Therapy after tapes are removed. It takes all incisions about a year to mature. No sun exposure for 12 months.

BATHING Your first shower should be 24-36 hours after surgery. Keep tapes as dry as possible, it is okay if they get a little damp, pat to dry without being too vigorous. No submerging in any water for 8 weeks.

WHAT TO EXPECT A moderate amount of discomfort is to be expected. This will improve daily. Moderate amount of swelling is to be expected. Majority of your swelling will subside in the first 6-8 weeks. It is normal to feel winded for a few weeks post-surgery. You will have drainage tubes for 6-10 days. We will remove it for you in office when output is 20cc or less in a 24hr period for 2 consecutive days. Do not use any hot or cold compresses. Temporary numbness or sensation changes may occur. You may experience sharp pains, nerve tingling, or burning sensations.

CONCERNS Look out for excessive swelling, severe bruising, redness, fevers over 100.5, pain not controlled with medications, and excessive bleeding from incisions that is not controlled with light pressure. Don't hesitate to call our office if in doubt.

SLEEP Head above heart and with a pillow under knees for the first 2 weeks. No side or sleeping on your stomach for 6 weeks.