

After Abdominoplasty Instructions

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Percocet: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Zofran: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Colace: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Zanaflex: This will help relax the muscles involved in your procedure, which will also help with pain control.

Although you have been given a prescription for pain medication, you may only need regular Tylenol or Ibuprofen and should try it first. If your stomach becomes irritated or upset, stop the medication. **Do not use aspirin containing products which may increase your chances of bleeding complications.**

Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- You may remove bandages the day after your surgery.
- You may shower after your bandages are removed. Do not allow direct high pressure shower spray to hit incisions. Do not soak incisions.
- Leave steristrips in place. Do not remove the steristrips.
- Place new, dry gauze bandages and tape over the incisions if needed. A
- Slight signs of blood may show on the bandages and this is normal.

Drain care (if applicable):

- Empty and record drainage from drains every 12 hours. A drain will not be removed until there is less than 30cc of output from the drain in a 24 hour period.
- Your drain will be removed typically after 7-10 days.
- Please leave the clear bandage on over the drain site. Do not soak in a bathtub and saturate this dressing.

Activities:

- You may experience some pain and discomfort for 3 to 4 weeks, although it should decrease considerably from the first 1 to 2 days.
- You may experience some numbness around the incision line that will diminish with time.
- Rest with your head of the bed at about 30° elevation, especially when you sleep.
- Do not push, pull or lift anything heavy (over 20lbs) for 4 weeks.
- You may ambulate the night of your procedure. Walk with assistance to the bathroom, living room, etc. starting the night of your procedure. You are not on bed rest.
- You may want to walk with the abdomen bent to relieve stress in the abdominal muscles and incisions. Avoid stretching.
- Plan your daily activities to minimize the number of times you will have to go up and down the stairs.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure.
- Do not engage in sexual activity for a minimum of two weeks after surgery.

Return to Particular Activities

- 2 weeks after surgery: may begin walking
- 4 weeks after surgery: may begin light upper body weight lifting
- 6-8 weeks after surgery: may begin abdominal workouts, squats, core strengthening
- 3 months after surgery: may begin pull-ups and back bend exercise
- Slowly graduate into yoga activities (do not stretch yourself out too fast).

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.
- Drink plenty of fluids/water (eight 8oz glasses a day).

Follow-up appointments:

- 1 week after surgery: Depending on drain output, one of your drains may be removed at this time.
- 2 weeks after surgery: Remove steristrips and sutures. Instructions will be given on how to minimize scar appearance.
- 2 months after surgery: Continue to monitor healing and swelling.

Watch for the following signs and symptoms. Notify the office immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Sudden increase in drainage.
- Bruising is **NORMAL**.

Please call the office if you have any questions.