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POSTOPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

1. *Please plan to limit your activities for the first 24 hours. Someone will need to stay with you for the first night. You will need help going to the bathroom.*
2. *When getting in and out of bed, roll on your side first to take the strain off your abdomen. Use a pillow to support your abdomen. When lying down, you may find it easier to place pillows under your knees. Do not extend your legs for stretching*
3. *Take prescribed pain medication as needed. Do not take pain medication on an empty stomach.*
4. *Progress your diet as tolerated.*
5. *You may shower after 48 hours. NO BATHING.*
6. *If drains are placed, please record the drainage daily. The amount of drainage should decrease daily. Drains are usually removed 7-10 days after surgery.*
7. *If you have not voided within 12 hours please call the office.*
8. *Fluid retention is very common following surgery. This is due to the swelling in the treated areas.*
9. *You are encouraged to take deep breaths and cough following your surgery to diminish the chances of respiratory problems associated with general anesthesia.*
10. *START STOOL SOFTNER/LAXATIVE THE DAY BEFORE YOUR SURGERY DATE.*
11. *PLEASE BRING A HOUSECOAT/ROBE THAT ZIPS UP OR BUTTONS UP TO WEAR AFTER YOUR SURGERY TO GO HOME IN.*