

Abdominoplasty

Post- Operative Instructions

ACTIVITY

- The first week you will need to rest frequently. You may walk around the house as tolerated. Avoid stairs if possible. **You must have a responsible adult able to stay with you for 24 hours after surgery.**
- You will not be able to stand up straight for the first week. It will be normal to walk at a 45-degree angle bent at the hips. Your back may become sore in this position. You can try to stand up straight after the first week as tolerated.
- For the first week post-op, sleep on your back with your head elevated and knees bent with a pillow underneath them. This will keep the tension off your abdomen. Do not sleep on your side.
- Every 2-3 hours take deep breaths to expand your lungs. Hold your incision while coughing.
- Avoid picking up anything greater than 10lbs for 6 weeks. The doctor will advise you when you can start lifting anything heavier.
- Do not exercise until the doctor says you may do so.
- You may not drive the first week or while you are taking pain medication. After that it will depend on your ability to handle a car without causing any discomfort.
- Do not engage in sexual activity for at least 2-3 weeks after your surgery.
- **NO SMOKING** or being around smoke for at least 4 weeks before and/or after surgery. This will interfere with your healing.

DIET

- Eat light for the first 24 hours, clear liquids advancing to a regular diet as tolerated.
- If you have persistent nausea, stick to a bland diet until it subsides.
- Avoid foods that can cause a lot of gas. This can cause abdominal distention and cause discomfort. Small frequent meals are best.
- Drink plenty of fluids.

DRESSINGS

- You will have an abdominal binder as well as abdominal dressings. You do not need to change them. You should wear the binder most of the time for 4 weeks, you may sponge bathe until your first post operative appt with your doctor to remove dressings.
- It is normal to have numbness over the incision for several weeks or months
- Do not use a heating pad around the surgical sites. It could cause a burn, especially if you are experiencing numbness in that area.
- It is normal to see dried bloody drainage on the abdominal binder, you may take the binder off to wash it
- You will have 2 drains in your abdomen. One will come out at your one-week appt, the other will come out on week 2 or 3 depending on drainage output. Please follow drain care instructions

MEDICATIONS

- Take your prescribed medications as directed
- The pain medication can cause constipation, make sure you are drinking plenty of water and taking a stool softener daily.
- Do not drink alcohol or drive a car while on pain medication
- You may resume your regular medication after your surgery except for Vitamin E and ibuprofen (wait at least 5 days post-op)
- If you take blood thinners, check with your doctor to see when you may resume them

CALL YOUR DOCTOR AT 601-987-6581 IF YOU HAVE

- A temperature greater than 100.4
- Excessive bleeding from incision
- Sudden increase in drainage, pain or swelling around the incision site
- If you have persistent vomiting, have a pharmacy number so that a prescription can be called in

IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND GO TO THE NEAREST HOSPITAL