



## ***INSTRUCTIONS AFTER ABDOMINOPLASTY***

A nurse will call you between 4 PM and 7 PM the day of your surgery to check on your recovery. If you have any unusual bleeding, severe pain (not responding to pain medication) or any signs of infection, call (617) 786-7600 anytime to reach the doctor.

### **Activity:**

- Immediately after surgery you should rest for the first 48 hours. Although rest is encouraged it is equally important to begin gentle activity.
- After surgery you will be expected to get out of bed and walk with assistance.
- Daily activity is encouraged but should not be strenuous. It is important to be up and about to keep blood circulating in your legs.
- You should not lift anything greater than 10 pounds for several weeks.
- Driving can be resumed when you are no longer taking pain medicine and you can react quickly if necessary. (usually 5-7 days)
- Stay in the company of a responsible adult for the first few nights.
- You should sleep on you back with your waist slightly flexed. Putting a pillow under your knees also helps to relieve tension at the waist.
- Turning on your side prior to moving from a lying position to a sitting position can be helpful.
- Commence on a light or liquid diet as tolerated as anesthesia medications can make you feel nauseous.
- Bruising and swelling are normal results of the procedure and can last for several weeks. Swelling can increase as you increase your activity level.

### **Dressing Care:**

- You will have an abdominal binder put on at the time of surgery. It should be snug but not too tight. It should be comfortable to wear. If it is not you may loosen or reposition it. Having assistance from another person is helpful. Most patients wear the binder continuously for two weeks after surgery. It is okay to remove it and wash it as needed.
- Under the binder you will have gauze pads for the first 5 to 7 days. The gauze provides padding between the binder and your incision line. They should be changed daily and as needed.
- You may shower 48 hours after surgery. Do not bath or soak in water.
- Reapply your binder after showering.
- Occasionally patients develop a collection of fluid just below the skin, often described as a "wave" of fluid. If this occurs please call the office during regular business hours (8:30 to 5:00pm) to schedule an appointment.
- Two weeks after surgery your binder should be worn 12 hours per day for the next two weeks

- Scar quality depends on many things such as skin type, age, tension, etc. Topical skin products like Biocorneum are recommended to help improve their appearance. You can begin using these products when you are fully healed.

**Medication:**

- You may take Tylenol for mild/moderate discomfort. (Be aware if the pain medication you are taking contains Tylenol. Do not take two items containing Tylenol.)
- Take prescription pain medicine as needed for more severe pain according to the instructions on your prescription.
- If you are taking narcotic pain medication regularly constipation is a common side effect. You should continue taking stool softener and if needed a gentle laxative as directed.

**Please use the medication prescriptions already give to you:**

**Pain Medicine** \_\_\_\_\_

**Anti-Nausea Medicine** \_\_\_\_\_

**Follow-up:**

**Your 1<sup>st</sup> post-op visit is** \_\_\_\_\_

If a follow up appointment has not been made for you please call our office during regular business hours (8:30am to 5:00pm) at your earliest convenience.