

POST OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

ABDOMINOPLASTY

Your greatest discomfort will be within the first 24-48 hours after your surgery. Take your pain medication as prescribed. Take the pain medication with crackers, toast, soup, or liquids to avoid nausea that can occur on an empty stomach.

Avoid aspirin, Ibuprofen, Advil, Aleve, etc. for two weeks after your surgery. These products have a tendency to increase drainage and bruising.

DRAINS

Drains should be emptied and measure daily. Follow nursing instruction sheet.

DRESSINGS

Your dressing consists of steri-strips (small tapes over the incision and stitches) or clear plastic tapes. A white gauze dressing is on top secured with tape.

A panty girdle with stomach reinforcement should be obtained to wear. This should be worn at all times except for bathing. The girdle provides extra support that also helps provide some comfort and reduces swelling in your stomach. You can have some bruising or swelling for 2-3 weeks. The girdle should not be too tight, as it is expected that the abdomen has less feeling.

*Do not use hot or cold water bottles/compresses

ACTIVITY

You may shower 24-hours after surgery with assistance. Remove entire gauze dressings. **DO NOT REMOVE STERI-STRIPS.** The steri-strips are fairly water resistant. Blot them dry after showering with a clean cloth. If the strips fall off on their own, just protect the area with gauze and girdle.

You will need to ask your surgeon about how long to stay out of work, depending on type of abdominoplasty.

Limit your activity to daily routine. Avoid lifting, pushing, or pulling objects over 5 lbs. This will cause pressure and stress on your surgery area.

Check with your surgeon before resuming exercise or driving.

SLEEPING

Avoid sleeping on your stomach until all soreness has subsided. You may find sleeping on 3 pillows and/or 2 pillows under knees may be comforting because brining yourself up from a lying position to sitting causes a great deal of stress to the abdomen.

COMPLICATIONS Call your physician if any of the following occur:

- Severe pain not responding to pain medication
- Excessive pain with swelling in abdomen with redness, warmth or hardening
- Bleeding or odorous draining that does not subside

PLEASE CALL (312) 695-6022 WITH QUESTIONS/CONCERNS

Pain medications may cause constipation. You may take an over-the-counter stool softener, i.e. Surfalk, Colace, Docusate to avoid constipation. Take 1 stool softener a day as needed along with pain medications.