



POST OPERATIVE INSTRUCTIONS ABDOMINOPLASTY

WHEN YOU GET HOME, YOU MUST CONSTANTLY PUMP YOUR FEET BACK AND FORTH WHILE SITTING. YOU MUST GET UP EVERY HOUR DURING THE DAY AND WALK AROUND. SLEEP AT NIGHT, NOT DURING THE DAY. THIS IS TO AVOID THE POTENTIAL OF ANY BLOOD/CIRCULATION PROBLEMS.

1.Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.

2.While resting, keep your head and shoulders elevated on at least two pillows and your knees flexed with two pillows for the first 2 days after your surgery.

3.Keep the drainage bulbs collapsed. DO NOT REMOVE THE DRAIN BULBS FROM THE TUBING OR WASH OUT THE BULBS, as this can cause an infection. Record separately each bulb's drainage amount and time drained (a log will be provided to you to record output). Call the office each day with your 24-hour drainage count for each bulb separately. Drains are usually removed 7 to 12 days post-operatively. Drains are removed separately on two different days (several days in between), as they are never removed on the same day.

4.Clean your suture line with peroxide diluted to half strength with tap water. Apply Bacitracin Ointment (over the counter) and a dressing after each cleansing (**IF INCISIONS ARE NOT COVERED WITH TAPE**).

5.You will have an abdominal binder on when you wake up from surgery. This must be worn day and night for the first four weeks.

6.There are no diet restrictions once you are discharged.

7.If you have pain or discomfort due to your surgery, take the medicine your surgeon has prescribed for pain as directed. **It is necessary to take the medication with food to avoid stomach upset.** If you are not having pain, do not take the pain medication. Do not take aspirin or aspirin products, and do not drink alcohol when you are taking pain medications.

8.A shower (not a bath) may be taken the next day after your surgery unless you had liposuction also performed. If liposuction was performed then you may shower three days post-operatively.

9.Your sutures will be removed 14 days after your surgery.

10.If swelling is more pronounced on one side than the other side, or if you are having pain that is not relieved by pain medication, call the office.

11.Remember, DO NOT SMOKE and avoid places where people smoke. This is critical for your healing process.

12.Bruising and swelling are normal and will dissipate with time. If you experience pain, a fever above 101F, excessive bleeding or drainage, rapid swelling, injury to your incision sites, or other problems relating to your surgery, please call the office immediately.

13.Pain medications and anesthesia may cause constipation. Please drink at least 8 glasses of water per day and inform us if you have not had a bowel movement in 2 days after surgery.

14. Strenuous activities should be avoided the first week to 10 days after surgery. You may gradually resume normal daily activities, being careful to avoid any activities that cause pain or discomfort.

15.You may begin driving when you are no longer taking medications that cause drowsiness.

16.Avoid direct exposure of the sun to incisions for at least 12 months after surgery as they will be extremely sensitive to sunlight during the healing phase. Use a sunblock with UVA and UVB protection if incisions are exposed to sunlight or tanning beds.

17.Avoid swimming pools, hot tubs, and saunas for at least 4 weeks after your surgery. Do not swim in rivers, lakes, or streams for at least six weeks after your surgery.

18.Please take all medications as directed. If you experience nausea, vomiting, shortness of breath, diarrhea or a rash after taking your medications, please call the office.

If at any time you have any questions, problems, or concerns please contact the office at (512) 600-2888. After hours, if it is an emergency, listen to the recording for instructions.