



## INSTRUCTIONS AFTER ABDOMINOPLASTY

1. For your comfort and safety, a loved one should be available to stay with you overnight for the first night after surgery. Wear your garment all the time for the first time except when you are in the shower.
2. During the first few days after surgery, most patients find it more comfortable to sleep in a flexed position. Use pillows to keep your head and shoulders elevated and place a pillow under your knees. If you are not comfortable sleeping in this position, you may sleep flat. It is more important to get a good night's rest.
3. You will have drains to help reduce swelling. Be sure to strip or milk the tubes to your drains every couple of hours to prevent any clotting. After emptying your drains, be sure to squeeze the bulb so that it is collapsed and creates suction. These drains will be removed when they are draining less than 30cc per day. This might take seven to 10 days or they will be removed at your regularly scheduled postop appointment approximately 2 weeks later.
4. Shower daily, starting the next morning after surgery, with soap and water to keep the incisions clean. **TAKE OFF ALL YOUR DRESSINGS AND LET SOAP (PREFERRABLY ANTI-BACTERIAL) RUN OVER YOUR INCISIONS.** Your drains will be attached to a lanyard around your neck. It's ok for the drains and lanyard to be worn in the shower and ok for them to get wet.
5. Please change all dressings or bandages daily. Bandages are optional once the area of the incisions are comfortable. Only use them if you need to protect your clothing from drainage.
6. It is normal to experience swelling and bruising of the abdomen and groin for the first few weeks after surgery. Other normal experiences include:
  - Tightness and discomfort of the abdominal muscles for several weeks
  - Areas of numbness of the abdominal skin for up to six months
  - A small amount of drainage during the first few days
  - Redness of the surgical scars for about three to six months after surgery (this will slowly fade)
7. **Please call Dr. Kaplan at the first sign of:**
  - **Excessive (severe) pain and/or swelling**

- **Redness, drainage, or odor from the incisions**
- **Fever or chills**
- **Shortness of breath**

8. It is extremely important that you do not smoke or have any form of nicotine for at least two weeks before or after surgery. Smoking might delay healing and increase your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.
9. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with your doctor before resuming any strenuous activity such as biking, swimming, aerobics, or weightlifting (usually three to six weeks). Also, when returning to more vigorous exercise, start slowly and gradually work up to your daily routine.
10. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
11. It is best to avoid exposing the scar to the sun and to wear sun protection with an SPF of 30 or higher for at least six months after surgery.
12. Usually there are no sutures to be removed. You will have a follow up appointment approximately two weeks after surgery.

Post-Op appointment date	Time