



Post-Operative Abdominoplasty Instruction Sheet

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

Medications:

1. No Aspirin or medicines that contain Aspirin*, NSAIDs, including Ibuprofen (Advil and Motrin), naproxen (Aleve) for two days after your surgery. These medications can interfere with blood clotting.
2. Fill all prescriptions given to you after surgery when leaving the hospital and take as directed.
3. While taking narcotic pain medications, be sure to include an over-the-counter stool softener, and increase your daily fiber intake. Avoid alcohol while taking narcotics.
4. Medication will be prescribed for any pain you may have. However, you may also take any Tylenol products. NOTE: DO NOT take more than 4000mg acetaminophen/Tylenol containing products per day.

Post Operative Guidelines:

1. You will be given pain control medication through an IV postoperatively. As a precaution, eat bland food (such as toast or applesauce) before taking pain medication by mouth.
2. Remember to hold your abdomen before you cough or sneeze. You may have an abdominal binder surrounding your body to support the abdomen. You may be instructed to use the abdominal binder continuously for 3 weeks because it compresses the tissues and aids healing.
3. Avoid foods that you know cause gas or cramps. If you find that your pain medication causes constipation, you may drink prune juice, increase fiber intake, or take over-the-counter stool softener.
4. You will have a dressing and possibly have drains in place when you wake up. The JP drains will be removed once the drainage in the tubes is less than 30cc for a 24 hour period for 2 consecutive days. See instruction sheet to learn how to strip your drains.
5. Sutures and drains are usually removed after 1 week. Wait 1 day after your drains are removed before you shower. You may take a tub bath after 3 weeks.
6. Avoid activities that make your pulse increase to prevent re-bleeding. Post-surgical bleeding can occur up to 10 days after any surgery.
7. Heavy exercise is prohibited for 4 to 6 weeks.

Refrain from all nicotine products. Nicotine interferes with healthy circulation and may affect the result of your surgery.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office during regular business hours at (864) 214.5232. If you have urgent concerns after office hours, call the number you were given during your appointment. In case of emergency, call 911.