

POST-OPERATION INSTRUCTIONS

Abdominoplasty

Post-Operative Instructions:

1. Take your medication as prescribed. The pain medicine may cause constipation so eat a lot of salad or fiber and take the laxative of your choice if necessary.
2. No sutures, other than for the drains will need to be removed. The drains will be removed 2-5 days after the surgery depending on the amount of drainage. You will be instructed on how to empty the drains and to record the amounts. You may shower once the drains have been removed and take a bath after 7 days- **be careful with the temperature of the water!**
3. You must wear the compression garment every day, 24hrs a day, for a minimum of 4 weeks. You may want to purchase a second garment so that one can be worn while the other is washed. Some patients wear a cotton lining between the compression garment and their skin to prevent skin irritation.
4. Light activity such as walking is encouraged after your surgery – walk slightly bent over in the first week, so as to not put tension on the wound. Do not lie still for long periods of time – as you increase your risk of developing a blood clot in the legs. When lying down, have a pillow under your knees and behind your head. After 2 weeks you can gradually increase your activity to normal activity at 4 weeks.
5. Avoid coughing and sneezing for the first 4 weeks if possible, hold a pillow on you tummy to help with the discomfort if you have to cough or sneeze. Smoking may delay the healing process. If you smoke, reduce the amount as much as possible two weeks before and two weeks after surgery.
6. There may be some bruising and swelling below the incision – this is normal and will gradually resolve one to three weeks following surgery and in some cases can take 4 months to resolve. The skin of the abdominal wall will be numb – do not place any hot or cold packs directly on it... if you do then a burn of the skin may result. If you notice any fluid under the skin then call the office so that this can be examined by the doctor.
7. Steri-strips or micropore tape (by 3M) will be applied to the incision and you will be instructed on how to apply them- the tape is worn for 3 months to help with wound healing. Do not expose the incision to sunlight for a minimum of 6 months – apply sunblock to protect the incision when it is necessary.
8. As part of your post-operative care you need to book for GentleWaves treatments twice a week for the first month- this is a light therapy that takes a minute or two and will improve the rate of wound healing.
9. If you have any concerns please do not hesitate to call the office.
10. Take the nutritional supplements which help with wound healing and speeds up your recovery.