



## PRE & POST OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

1. You should make arrangements to be off from work for at least two weeks following surgery.
2. If you have small children someone should help you with childcare for at least one week.
3. You should arrange for a responsible adult caregiver that is at least 18 years of age to be with you for at least 24 hours after surgery and preferably 48-72 hours post operatively.
4. Having your caregiver with you at your pre operative appointment is extremely beneficial.
5. You will be given a prescription for pain medicine with written and verbal instructions. Narcotic pain medication will cause constipation, and for this reason you should also use a product of choice such as: Prunes, prune juice, milk of magnesia, colace/stool softener, etc. to help keep you regular and avoid straining with bowel movements.
6. No smoking for a period to two months prior to and after your surgery.
7. Do not drive until instructed to do so (for at least one week). Do not drive while still taking Narcotic pain medications. When you do resume driving, start out with short trips (to see how you react) and gradually increase time and distance.
8. Do not take aspirin containing products or NSAID's (Ibuprofen, Aleve, Naprosyn, Motrin) two weeks prior to and after surgery. Tylenol is acceptable. Your prescribed pain medication contains Tylenol, and therefore you should not take additional Tylenol with the prescribed pain medication.
9. A compression garment will be placed on you at the time of surgery. This should be left in place for 72 hours. After 24 hours it is ok to sponge bathe only. After 72 hours the surgical garment may be removed and you may shower. Remember to keep any drains or tubes that remain supported while showering (by looping them through a belt, placing them in a fanny pack, pinning them to a garment or some other means. After three weeks garments you purchase (such as high Lycra or spandex content 25% or higher, with as few seams as possible and no botanical stains) should be worn for an additional three to five weeks (specific time to be determined by the doctor on a case by case basis).

10. After 72 hours removing the compression garment to shower is okay otherwise wear the garment 24 hours a day. At this time you want to switch to the other garment.
11. After 72 hours the pain pump will be removed at the office.
12. If you have any drain(s), the nurse will instruct you and your caregiver how to empty and strip the drains at least every 8 hours and record the totals every 24 hours. Drains should be supported at all times, including when showering (pinned to garment or looped through a belt).
13. When arriving home you should remain relaxed. Short walks are encouraged after the first day. You should not do any strenuous activities such as cleaning, exercising, or shopping until instructed. Avoid lifting (no more than 1 grocery bag at a time/10 lbs.), extending, straining, or bending for at least two weeks after surgery.
14. Any gauze over your incision(s) and under the garment may be removed and replaced when showering (after 48 hours). This is done by carefully sliding the gauze in and out from underneath the garment by opening the zipper and/or hooks outside without removing the garment.
15. Your swelling will increase for the first 72 hours and then gradually subside. You may notice increased swelling in the morning. However, this will subside as the day goes on.
16. Ice on the surgical site for at least 72 hours will help to reduce swelling (20 minutes on, 20 minutes off).
17. You should not sleep in your stomach for at least two weeks. You should sleep in a "beach chair" position with knees flexed.

We have spent considerable time and effort to make your surgical experience as efficient and pleasant as possible. We would appreciate your suggestions regarding any area of your care, which you think, could be improved to make your experience more pleasant.

If you have any questions, please call the office between 8:00am and 5:00 pm. If a problem should arise after hours, the doctor can be reached through the answering service at (253) 627-2900.