



ABDOMINOPLASTY

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

Light activities only after surgery, until further notice by your surgeon. Remember to position yourself with your waist flexed as you have been instructed. Do not try to stand straight immediately after surgery. You will gradually straighten up in the week after surgery. Leave the surgical support garments on until instructed otherwise. NO HOT or WARM compresses (including heating pads) COLD or ICE compresses to the area. Major temperature changes can cause wound healing problems. Try to get out of bed- with assistance- at least 3 times a day.

You can expect:

- Moderate discomfort-which should be relieved by your pain medications
- There may be some bloody drainage on the dressings
- An abdominal binder and possible drains in place for multiple days after surgery

Call the office if you have:

- Severe pain not responding to pain medications
- Excess swelling (particularly if worse on one side)
- Bright red bleeding on bandage which continues to enlarge
- Incisions that are red, feverish or contain pus
- Fever greater than 101
- If you have questions or concern please feel free to call us.

You may shower after surgery once cleared to do so by your surgeon, and after your drains are removed. Prior to that you may sponge bathe. Do not take a bath for at least two weeks after surgery. No hot tub for four weeks after surgery. Pain pills, surgery, and decreased activities lead to constipation. Over the counter remedies (like Colace 100mg twice a day) will be very helpful. If no bowel movement within three days of surgery please call.

Avoid smoking or second hand smoke for a minimum of 6 weeks after surgery.