

Patient Name: _____ Date: _____

POST OPERATIVE INSTRUCTIONS AFTER ABDOMINOPLASTY

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Keep abdominal binder dry and intact until instructed.
- Record drainage from JP drains and bring sheets to appointments for review.
- May shower when instructed.

2. Activity Restrictions

- No lifting, strenuous activity, or bending for 2 weeks.
- Sleep on your back or side with knees up to relieve pressure on abdomen.
- No abdominal exercises for 3 months.
- Ambulate several times a day to prevent blood clots in your legs.

3. Diet

- No restrictions on eating.

4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- Bruising and swelling are normal, and will continue to subside.
- Surgical drains will be removed in the office.
- You will continue to wear the abdominal binder for at least 6 weeks.
- Feelings of numbness and tightness are normal and will subside.
- Your incision line may begin to fade from its reddish color, full fading may take a year or more.
- **NEED TO GET COMPRESSION SOCKS 20-30 MMHG (COMPRESSION)**

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.