

## **POST OPERATIVE CARE ABDOMINOPLASTY**

### **Post op care:**

- Drains placed during surgery are removed 1-2 weeks post procedure (**see care of drains sheet**)
- Sleep on your back with a pillow under your knees
- Take frequent walks to promote good circulation
- Wear surgical compression garment if you have been put in this post op, otherwise bring garment with you to first post operative office visit
- No straining, lifting or bending for 2-3 weeks
- May operate a motor vehicle 24 hours following last dose of narcotic pain medication
- Resume non strenuous activity in 1-2 weeks and exercise in 3-6 weeks
- Refrain from smoking for at least 10 days. Smoking slows healing and affects blood flow to wound.
- May shower 24 hours after surgery

### **What to expect:**

- Swelling and bruising
- May take several weeks (bruising) to several months (swelling) to resolve
- Mild to moderate discomfort – use pain medication as directed
- Constipation may occur with narcotic pain medicine – increase fluid intake and use mild laxative or stool softener if needed
- Numbness and decreased sensation may persist for several weeks to months
- Incisions will be red to pink and may remain this way for many months following surgery. It will take 9 months to a year before scars flatten out and lighten up

### **Follow up care:**

- Call office for a follow up appointment. This is usually 1-week post operatively.
- If you have a drain(s), call the office and report the drainage amounts. Your follow up appointment will be scheduled based on this information
- If not yet instructed to wear post op garment, bring it with you to follow up appointment

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**START LOVENOX INJECTIONS ONCE DAILY THE FIRST DAY AFTER SURGERY FOR 7 DAYS THEN ONCE COMPLETED BEGIN TAKING BABY ASPIRIN (81mg) ONCE DAILY FOR 1 MONTH TO HELP PREVENT BLOOD CLOTS.**

**Follow-up:** \_\_\_\_\_ **please call office and arrange for post operative appointment 610-519-0600**