

POST OPERATIVE CARE ABDOMINAL SURGERY

Post op care:

- Drains placed during surgery are removed 1-2 weeks post procedure (**see sheet on drain care**)
- Sleep on your back with a pillow under your knees
- Take short walks to promote good circulation
- No straining, lifting or bending for 2-3 weeks
- Ok to take Tylenol immediately and Ibuprofen immediately after surgery (do not take with other acetaminophen medications such as Percocet)
- May operate a motor vehicle 24 hours following last dose of narcotic pain medication
- Resume non strenuous in 1-3 weeks and exercise in 4-6 weeks

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 – 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

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

Pain medication: _____

Antibiotic: _____

Follow-up: _____ **please call office to
arrange follow up appointment 610-519-0600**

AESTHETIC SURGERY

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