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Plastic and Reconstructive Surgery

ABDOMINOPLASTY

Postoperative Instructions:

- Please call our office to schedule a postoperative visit if you have not already done so.
 - Keep dressings in place until you are seen in the office. Do not get dressings wet. **Keep abdominal binder in place at all times.** Tub or sponge bathe only. You will be able to shower after dressings and drains are removed.
 - Please empty drains and record output every 8 hours or as needed. “Milk” or strip tubes and return to bulb suction. Please bring the record with you to the office.
 - You have been prescribed the following medications:
 - _____ . Take _____ tablet(s) by mouth every _____ hours as needed for **pain**.
 - _____ . Take _____ tablet(s) by mouth every _____ hours for **muscle spasm**.
 - _____ . Take _____ tablet(s) by mouth every _____ hours as needed for **nausea**.
 - _____ . Take _____ tablet(s) by mouth _____ times a day until finished. This is your **antibiotic**.
 - If you are prone to constipation, you may take Colace 100 mg twice daily until return of normal bowel function.
 - You may resume a regular diet as tolerated.
 - Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, and Vitamin E for one week following surgery.
 - No heavy lifting > 5 pounds, pulling, or pushing for one month. We encourage you to walk as early as the day of surgery. No high impact aerobic exercise, abdominal or “core” exercise for 6-8 weeks.
 - No driving for a *minimum* of two weeks.
 - You will begin daily wound care **after** your first postoperative visit: Use Q-tips to *gently* apply hydrogen peroxide to suture line. Then apply bacitracin and gauze. Replace abdominal binder. Do this until you start silicone sheeting.
 - We recommend the use of silicone sheeting for scar therapy to begin 2 weeks after surgery. Epi-Derm Strips can be purchased online at www.biodermis.com.
 - Other: _____
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- Please call the office at (203) 772-1444 if there are any problems or questions following surgery.

