



Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

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Abdominoplasty Postoperative Instructions

- ◆ Please call our office at 203.772.1444 if there are any problems or questions following surgery **and** 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 as needed. “Milk” or strip the tubes and return to blub section. 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 as needed 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**.
- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ Sleep on your back with 2-3 pillows under your head and knees in order to maintain a flexed position.
- ◆ **We encourage you to walk as early as the day of surgery for at least 10 minutes every hour. No high impact aerobic exercise, abdominal or “core” exercise for 6-8 weeks.** No heavy lifting > 5 pounds, pulling, or pushing for one month.
- ◆ No driving for a **minimum** of two weeks.
- ◆ We recommend the use of Tegaderm for scar therapy. This will be applied immediately after your surgery and used for 2-3 months postop. Additional sheets can be purchased online at www.amazon.com. Search for 3M Tegaderm Transparent Dressing with Label 4” x 4 ¾”
- ◆ You will begin daily wound care after your first postoperative visit. Remove all gauze dressings prior to showering. Leave Tegaderm in place while you shower. After your shower, apply bacitracin, gauze, and tape to drain sites. Tegaderm should only need to be changed every 2-3 weeks. Abdominal binder should be worn at all times for 6 weeks following surgery.
- ◆ Other: _____



If you have any questions, please call us at (203) 772-1444.

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