**INSTRUCTIONS FOR PATIENTS AFTER ABDOMINOPLASTY**

## WOUND CARE

* Expect to have some swelling, bruising and discomfort after the surgery.
* Your incisions may leak a little fluid for about 1-2 weeks. This will stop by itself.
* Your sutures are underneath the skin and will dissolve automatically. They do not need to be removed.
* You will have a drain for the first week after the surgery. You will be given instructions on how to take care of your drain. It will be removed at your 1 week follow-up appointment.
* Change your dressings as needed: apply gauze to the wounds & place the binder over it.
* You can wash with a sponge around your incisions. Do not take a bath. You can start taking showers once the drains have been removed.
* The white tape over your incisions (Steristrips) will fall off by themselves. If they have not done so by the end of the 4th week after your surgery, then peel them off gently in the shower.
* Wear your pressure garment for 3-4 weeks to minimize swelling and reduce the chance of a fluid collection under the skin. It should be snug, but not so tight that it is uncomfortable.

**MEDICATIONS**

* Take your pain medications every 4-6 hours as needed.
* Take the prescribed antibiotics until the drains have been removed.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting any heavy objects (max. of 5 lbs) for 6 weeks.
* When sleeping, you can lie on your back with your knees and hips flexed by putting a couple of pillows under your thighs. You may prefer to lie on your side with your hips and knees flexed. When sitting, a lazy-boy chair is a comfortable option.
* At first you may have difficulty standing straight. This is normal. The tightness you feel in your abdomen will gradually disappear and you will be able to walk straight.

**CALL THE OFFICE**

* Call the office (853-5154) to make an appointment in 1 week.
* If you have an urgent problem before the appointment, go to the Emergency Room.
* If the problem is less urgent, please call my office; for example:
* your medications are not controlling the pain;
* you are concerned about the way your incisions are healing;
* you have an allergic reaction to the tape;
* you have a high fever.