

**Paragould Plastic Surgery**

**1000 West Kingshighway**

**Suite 7**

**Paragould, AR 72450**

**(870)239-8427**

**Abdominoplasty**

**Post-Operative Instructions**

### **Instructions**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not smoke. Smoking delays wound healing and greatly increases your risk of complications.

### **Activities**

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking narcotic pain medication and have full range of motion with your arms.
- No strenuous activity for 2-6 weeks. Increase activity slowly as tolerated. (If it hurts don't do it.)

- Avoid lifting anything over 5 pounds for 2 weeks.
- Avoid straining of abdominal muscles. Strenuous exercise and activities are restricted for 6 weeks.
- You may return to work in about 2-4 weeks (if not too strenuous).

### **Incision Care**

- You may shower 48 hours after surgery. Please remove all dressings before showering. No baths, hot tubs or swimming until cleared by your surgeon.
- Keep incisions clean and dry. Do not apply any ointments or creams to incisions unless directed by your surgeon.
- You will need to pad the incision and around your drains with gauze for comfort. It may be necessary to change gauze more than one time per day if you are having drainage.
- Wear your compression garment 24/7 as directed for 6 weeks post op.
- It is the responsibility of the patient to purchase dressing supplies (4x4 gauze, 4 inch roll gauze and tape if needed). Dressing supplies will not be provided by hospital or doctors office.
- Sleep with head slightly elevate and pillows under your knees to decrease tension on your incision.

### **What to Expect**

- You will go home from hospital the same day as surgery.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness to your abdomen.
- You will have bruising and swelling of the abdomen. The majority of bruising and swelling will subside in 6-8 weeks.

- You may feel tired for several weeks or months.
- It is normal to have a small amount of blood tinged drainage.
- You will go home with abdominal drains. You will need to keep track of daily output of your drains (see drain output log attached).
- Drains will be removed when output less than 30ml for 24-48 hours.

### **Appearance**

- Most of the discoloration and swelling will go away in 2-4 weeks. It could take up to 2 months for all swelling to go away.
- Scars may be red and angry looking for up to 6 months. In time, these usually soften and fade. The scar will extend from near one hipbone to the other, low on the abdomen.
- All sutures are dissolvable and will go away over time.
- Your abdomen will feel firmer with a narrower waistline.
- You will walk slightly bent forward and gradually return to normal posture over next 3 weeks.

### **When to Call**

- If you have increased redness along the incision.
- If you have increased pain that is not relieved by medication.
- If you have any side effects to medications such as a rash.
- If you have an oral temperature over 100.4 degrees.
- If you have any tan or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

**For Medical Questions, please call:**

- (870)239-8427, Monday-Friday, 8am to 4:30pm
- After hours, weekends and holidays (870)239-8247 and the answering service will assist you.
- You will follow up with surgeon in about 1 week from the day of your surgery.