ABDOMINOPLASTY: POST-OPERATIVE 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 until approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Start with liquids and light meals the first day after surgery.
- Anesthesia can sometimes delay the bladder function and your ability to urinate. If you are unable to urinate within 6-8 hours after surgery, please call Dr. Amde (see below).

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots. (May feel the need to bend over when standing for up to 1 week).
- Sitting up puts strain on the abdominal area and will be uncomfortable after surgery. Using your arms and legs to pull yourself upright out of bed decreases discomfort.
- Do not drive until you are no longer taking any pain medications (narcotics).
- You may tire easily. Plan on taking it easy for the first week.
- No lifting greater than 10 lbs for 6 weeks. This may be modified by your physician.

Incision Care

- Drains are often used. Please empty the drain reservoirs as you have been taught by the nursing staff. Please keep a record of the approximate output of the drain.
- Keep head and knees elevated; sleep with head on 2 pillows on head and 1 under knees. This takes tension off the abdominal incision. Recliners work well. Many patients chose to recover in a recliner for the first few days for this reason.
- Keep abdominal binder or postop of garment on day and night for 2 weeks.
- Keep incision dry until the first visit. Drains will likely be removed on this visit and ok to shower that day.

For Medical Questions, Please Call:

- (317)462-5252 ext 283, Monday - Friday, 8 a.m. - 5 p.m.
- After hours and on weekends, call (317)462-5252 and follow prompt to contact Answering Service for Dr. Amde.