

Pearce Plastic Surgery

ABDOMINOPLASTY POST-OP **INSTRUCTIONS**

ACTIVITY

1. Rest in bed when you get home but be sure to get up in the hours after surgery and walk around the house at least twice for about 5 min each time at minimum before getting back in bed.
2. The first week you may walk around the house as tolerated. Do not spend long periods of time in bed.
3. You will not be able to stand up straight for the first week. It will be normal to walk at a 45 degree angle bent at the hips. Your back may become sore in this position. You can try to stand up straight after the first 7 to 10 days once you have seen Dr. Pearce for your Post Op Week 1 visit.
4. For the first week post-op sleep on your back with your head elevated and knees bent with a pillow underneath them. This will keep the tension off your abdomen. Do not sleep on your side. You will need to arrange several pillows at the head of the bed to keep your back and upper body elevated at about 20 to 30 degrees in bed and a pillow under your knees. You may not sleep flat on your back or on your sides until post op week 3
5. Every 2-3 hours take deep breaths to expand your lungs. Hold your incision while coughing. Failing to take deep breaths can lead to an increased risk of breathing issues.
6. Avoid picking anything up greater than 1-2 lbs the first week. The doctor will advise you when you can start lifting anything heavier.
7. Do not exercise until the doctor says you may do so. Typically around 3 weeks after surgery is when you can begin light exercise such as walking. Full unrestricted activities are not until 6 weeks after surgery.
8. You may not drive the first week or while you are taking pain medication. After that it will depend on your ability to handle a car without causing any discomfort. You should wear your seatbelt at all times, even on the ride home from the surgery center.
9. Do not engage in sexual activity at least 2-3 weeks after your surgery.

10. No smoking or being around smoke at least the first 2 weeks after your surgery. This will interfere with your healing.

DIET

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides. Take your anti nausea medication (Ondansetron/ Zofran) as directed if you are having nausea.
3. Avoid foods that can cause a lot of gas. This can cause abdominal distention and undue discomfort. Small frequent meals are best.
4. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative and it is encouraged to take them while taking pain narcotics.

DRESSINGS

1. You will be wrapped up in a large ACE wrap after surgery or an abdominal binder. Leave this in place at all times until you see Dr. Pearce the next day. Dr. Pearce and his staff will help you into a surgical garment on Post Op Day #1.
2. It is normal to have numbness over the surgical sites for several weeks or months.
3. Do not use a heating pad around the surgical sites. It could cause a burn.
4. You may not shower the first week - sponge bathe only, until dressings are removed at your first post-op visit.
5. It is normal to see dried bloody drainage on the abdominal binder.
6. You will have 1-2 drains in your abdomen, which may stay in for 1-2 weeks. Please follow drain care instruction sheet and bring it to your follow up appointments. Your drains will be removed when they have put out less than 30 cc for a 48 hour period.

MEDICATIONS

1. Take your antibiotic until they are completed.
2. If the pain medication is a narcotic it should be taken as prescribed. Do not take any Tylenol while on pain medication. The medication we prescribe may already have Tylenol in it. Be sure to take your pain medication as directed on the bottles.
3. Do not drink alcohol or drive a car while taking pain medication.
4. The pain medication may cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for Vitamin E and Ibuprofen (wait at least 10 days post-op).
6. If you take aspirin or Coumadin check with the doctor to see when you may resume them.

CALL THE OFFICE AT 512-764-9076 IF YOU HAVE:

1. A temperature greater than 101 degrees
2. Excessive bleeding from the incision.
3. A sudden increase in drainage, pain, or swelling around the incision site or the surrounding area.
4. If you have persistent vomiting, have a pharmacy number so that a script can be called in.
5. Any question or concerns you may have regarding your care.

IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE CLOSEST HOSPITAL.