

POST-OPERATIVE INSTRUCTIONS

ABDOMINOPLASTY

Your return home:

You may eat and drink as you like, depending on your tolerance. Stay well hydrated.

If you feel nauseous or experience vomiting and/or pain, refer to the prescription that was given to you before your surgery and use the appropriate medication.

You may experience pain or discomfort in the form of tightness or a burning sensation in the 48 to 72 hours after your surgery.

You should sleep upright in a 45° position for 2 days, with a pillow under your knees to help reduce pain around your stomach. We recommend walking with a slightly rounded back (avoid walking/standing completely upright) for the first 3 to 4 days after surgery to minimize tension and discomfort, and straighten out little by little depending on your tolerance.

After the first 2 days, you may sleep in whichever position is most comfortable for you as your condition evolves.

You are to wear the compressive garment that was given to you day and night for the first week, and then during the day only for the next 3 weeks or as advised by your surgeon. You may, however, remove the garment to machine wash and dry it as necessary.

Wearing the compressive garment is important as it will help with your comfort and also reduce swelling and inflammation.

You may remove your bandages after 48 hours and take a shower normally, gently washing the incision sites with a mild cleanser. If there are steri-strips on your incision, please leave these in place. They will fall off on their own in the shower in the next 7-10 days.

You may notice small amounts of discharge from the incision, you may place a pantiliner in your compression garment to absorb any discharge and avoid discomfort caused by friction between the incision and the garment.

Care of the belly button: Once the bandages are removed, apply a compress with Polysporin or antibiotic ointment to your belly button after taking your shower. Continue to apply antibiotic ointment in this manner until your next appointment or until you receive other instructions from your surgeon.

If you have a vacuum drain in place, do not change your bandages. These will be removed at your follow up appointment, at which time the drain will be removed also.

Refrain from using the bath, pool, or spa for a minimum of 3 weeks after your surgery.

Massage of your scar, if necessary, will be explained to you by your surgeon at your follow up appointment.

We suggest taking a short walk around the house (5-10 minutes) every hour, except at night, to reduce the risk of blood clots and pulmonary embolism.

You may gradually return to your physical exercises 4 to 6 weeks after the surgery, avoiding any exercises or movements that are painful. Avoid lifting objects heavier than 15 pounds for two weeks following your surgery.

Avoid exposing any bruised regions to the sun, and avoid sun exposure to the scars for one year.

If you have any questions or concerns, do not hesitate to contact the clinic during our opening hours, or on the emergency cell phone number that was given to you.