



INSTRUCTIONS FOLLOWING YOUR ABDOMINOPLASTY

1. **ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE**
2. Avoid strenuous activity, lifting more than 10 pounds, and ALL exercise for six weeks after surgery or until cleared in clinic. If in doubt, ask in clinic before proceeding.
3. Do NOT bend at the waist or turn and twist at the waist.
4. You may remove the dressings, except for small tape strips on the incisions if present, and take a lukewarm shower in _____ hours. **Thereafter, shower twice daily.** Wash over the incisions, drain sites, and tape strips if present with warm soapy water. DO NOT REMOVE them. If you have yellow gauze on the incision, REMOVE it. Blot the area dry with a clean towel. Reapply the binder low and tight. You should reapply it over a cotton T-shirt. This ensures clean soft material is against your drain sites and incisions. Use absorbent dressings as necessary over the drain exit points. DO NOT TAKE TUB BATHS OR OTHERWISE BE IN WATER.
5. **Strip and record the drain outputs separately on the provided form every two to three hours.** Keep the bulbs fully compressed at all times. Bring the output record to your appointments. The drains will remain in place for 1 - 3 weeks. Better compliance with instructions and limitations typically shortens the time drains are needed. It is common to have drainage on the bandages and around the drain sites. Do not be alarmed by this. After you begin taking showers **you should remove the binder prior to stripping and recording output.**
6. Do NOT take the prescription pain medicine on an empty stomach. You should have a meal or a heavy snack 5-10 minutes before taking pain medicine. This dramatically decreases the likelihood of nausea or vomiting.
7. Avoid exposure to extremes of environmental temperatures. Do not take car trips until cleared in clinic except to attend post-operative appointments.
8. You should be up and moving about your home every few hours. This is important to decrease the risk of blood clots forming in the legs. A short walk up and down hallway once or twice is recommended.
9. You should wear the binder at all times unless showering until cleared in clinic.
10. You should sleep in a reclining chair flexed at the waist for several days after surgery. Alternatively, in a bed you may place several pillows under your head and several under your legs to decrease the abdominal tension. It is best to avoid standing completely straight at the waist until a week or two out from surgery.
11. Take your antibiotics and pain medicine as directed.



12. DO NOT TAKE ANY ASPIRIN CONTAINING COMPOUNDS OR ANTI-INFLAMMATORIES FOR THREE WEEKS AFTER SURGERY. This increases the risk of bleeding.

13. Signs and Symptoms to report to your doctor:

- Temperature above 101 degrees Fahrenheit.
- Sudden increase in abdominal swelling and tightness.
- Any unusual symptoms.

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