

Lipo-Abdominoplasty Post-Op Instructions

What to Expect

Post-Operative bruising and swelling to the surgical area (as well as genitalia) is normal and to be expected. This will gradually improve over the next several weeks.

First 24 Hours Post Op:

- A responsible adult (over the age of 18) must take patients home after surgery. In order to ensure supervision, this person must agree to stay with you during the evening following your surgery and into the following day.
- Do not shower for the first 24 hours after surgery.
- Your abdominal binder must be worn at all times until your drains are removed, at which point you will transition to your compression garment. After the first 24 hours, you may take off the abdominal binder only to shower.
- You must take care of your two drainage tubes, which are placed underneath the skin at the time of surgery. Do it EVERY 4 HOURS or sooner if the bulb fills with fluid. You must strip, empty and record the drain output. Drains are typically removed at 7 to 10 days after surgery, or when draining is less than 25cc. ***Please note that it is normal to have some bloody drainage in the bulb.
- You should drink at least 6 to 8 cups of water (8oz each) after surgery.
- Do not take any aspirin or products with aspirin for up to four weeks post op. ONLY use the pain medication prescribed by the surgeon or Tylenol.
- You must begin walking the evening of your surgery. You cannot just stay in bed. It is important for you to get out of bed and walk around at least every three hours for at least 10 minutes.

- Your first postoperative appointment will be with our staff the DAY AFTER your surgery. Your next appointments will be determined by the nurses, but they typically take place 15 days and 30 days post-op.

Physical Activity Post Op:

- Expect to take at least 7 days off work if you are employed. Please limit ALL physically exerting activities for the first week following your procedure and avoid bending at the waist. Do not empty the dishwasher, do laundry, mop, broom, vacuum your home.
- For the first 6 weeks post-op, the maximum amount of weight that you are allowed to lift is *10 pounds*.
- Do not have sexual intercourse for 4 weeks post op.
- Do not drive for 5 to 7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking oxycodone.
- You are not allowed to travel by boat, plane, cruise ship, train, car and/or any form of transportation out of Miami, Florida, for 5 days post-op, at minimum.

Important Reminders:

1. Your compression garment must be worn all day and night, every day, for the first 6 weeks after surgery. After 6 weeks it can be worn for 12 hours per day for an additional three-month period.
2. Surgical tape should be left on the incisions until it completely falls off on its own.
3. All sutures are dissolvable and do not need to be removed.
4. Do not consume alcohol for 2 weeks after surgery. Do not consume alcohol while taking pain medication.
5. Do not smoke for 6 weeks after surgery - or at all.
6. Do not undergo any dental procedures for 1 month after surgery to avoid infections.

Showering Instructions

- Start showering 24 hours after surgery and do so once every day.
- With only soap and water, gently clean incisions using a circular motion and pat dry. Do not rub, tug or scrub the wounds.
- Make sure to support the drains while you are in the shower, so they don't get pulled out of the skin.
- Leave the tape strips on while showering. You can dry the tape with a blow dryer on a cool setting. The tape will naturally fall off over time. Do not place any ointments to the tapes and never use alcohol on your wounds as it kills healthy tissue.
- You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, or hot tub until 1 month after surgery. Do not use warm or hot pads on the wounds or abdomen.

Sleeping Instructions

- Make sure to sleep with your back on 2 to 3 pillows with a bend slightly forward in order to decrease the stretch on your abdominal wound.
- You may also sleep in a recliner.
- Your normal sleeping position can be resumed at 2 to 3 weeks postop.

Eating & Drinking Instructions

- Drink small amounts of clear liquids such as water, soda or apple juice.
- If you feel nauseated, rest your stomach for one hour, then try drinking some clear liquid and try eating crackers or toast initially.
- You are not allowed to take any herbal supplements or over-the-counter vitamins/medications for 2 weeks after surgery as this can cause bleeding.
- You are only allowed to take a single multivitamin a day

*****Following these instructions and using good judgement is**

essential for the best possible results.

These post-operative instructions are not intended to cover every possible problem that could arise.

Please call our office before going to an emergency room or any other physician***