

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

POST-OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

Dressings/Bandages

- You will go home with a thick, white gauze dressing covered with tape across your lower abdomen and around your buttocks. This dressing is to stay in place until your first post-operative appointment. There is no reason to change this dressing, even if it is soiled. If it comes loose, simply reinforce with some surgical tape at home. When the dressing is removed at your first post-operative visit, you will no longer have a dressing covering your wound. You will be instructed at that time to apply ointment to the wound itself after each shower for the first month.

Drain Care

- There will be a drain sewn into your skin in the hair bearing area and this will be safety pinned to your dressing to help prevent it from being pulled on or pulled out.
- Empty your drain when it becomes one quarter full as this will keep a good suction on it.
- Remember to strip your drain every time you empty it. This enables the tube to remain clot free which allows the drainage to continue uninhibited from your abdominal surgical site.
- The average time frame that a patient has a drain in place is 8-14 days. This is an *average* and every patient's healing time is different. It is unusual for a drain to be removed earlier than 7-9 days after your surgery.
- Your drain is ready to be removed when the color of the drainage in the bulb is yellow in color and less than 25cc's for a 24 hour period for two days straight.

Garment

- Once your drain is removed it is recommended that you purchase and wear a panty girdle or Botice style garment that is very snug fitting over the lower abdominal area. This should be worn 24 hours a day for 3-4 weeks to help keep the abdomen from swelling with fluid.

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Pain/Discomfort

- You will have a moderate amount of pain with this surgery. Please use your pain medication as directed and remember **not to take any Aspirin, Aleve, or Ibuprofen related drugs until after your first post-operative appointment.**
- You can expect some swelling and bruising on your abdomen or hips. This will depend on you healing ability and your skin type.
- Expect for the first week after surgery to be bent over at the hips. Over the following 2-3 weeks you will gradually straighten up to an upright position. Some patients have found using a walker or cane will help reduce the back pain you will have from walking bent over.
- The first week after surgery you should remain flexed (lounge chair position). Most patients find it easier to sleep in a recliner chair for the first week or so. If you prefer to sleep in your own bed, you will need to use 2-3 pillows under your knees and behind your back to keep you in this position. This keeps unnecessary tension off you incision.

Driving/Lifting/Exercise

- After the first 24 hours you may drive as long as you are **not** taking narcotic pain medication.
- Avoid heavy lifting and strenuous activity/workouts for 6 weeks.
- Gentle walking is encouraged.