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## **ABDOMINOPLASTY INSTRUCTIONS**

Abdominoplasty is one of the oldest and most reliable plastic surgical procedures. Please make sure you have listed all previous pelvic and abdominal surgeries on the patient history form. Patients with ongoing abdominal or female related issues need to discuss the details with Dr. Lindsey. Future pregnancies and weight gain will reverse the beneficial effects of the abdominoplasty.

Please start preparations with PhisoHex showers daily starting 5 days prior to surgery. Your recovery will be hastened by early and frequent mobilization (walking). Complications such as wound healing problems or seroma collection under the skin are minimized by meticulous attention to wound and drain care (see below). Smoking is absolutely prohibited for 6 weeks prior to surgery and afterwards. Most patients require 2 weeks off work with the understanding that activity restrictions stay in effect for 6 weeks (see below).

Thank you for your attention to these details. This information will help assure the best possible result for you.

## **AFTER SURGERY**

1. Clear liquids first. If no nausea, progress to crackers, soup, and then a regular diet as tolerated.
2. Take medication as ordered. Do not take pain medication on an empty stomach. Take the Flexeril (muscle relaxant) every 8 hours. The pain pills may be broken in half for

those patients with sensitive stomachs. For example, ½ tablet taken every hour equals 1 tablet every 2 hours, or 2 tablets every 4 hours. Over-the-counter pain medications are encouraged to decrease narcotic requirements.

3. Keep the operation sites clean and dry for 24 hours. After 24 hours, please remove all dressings, including the yellow gauze strips (Xeroform Gauze). It is OK to shower at that time. Expect some drainage on all dressings.
4. After showering, apply Neosporin ointment to the incision, apply new, clean dressings, and hold in place with your undergarments. Please replace the abdominal binder. Do not use tape or other adhesives on the abdomen, as this will blister or tear the abdominal skin. All dressings should be changed daily. Thick, absorbent pads (such as Maxi-pads) provide the most comfort for the first 2 to 3 days. Thereafter, thinner pads are better. Once the wounds are fully healed (7 -10 days postop), dressings are no longer required, and a cotton T-shirt under the abdominal binder is very comfortable. An abdominal binder or strong girdle is required for 6 weeks. The more the abdominal binder or girdle is used, the less swelling and discomfort you will experience.
5. Continue to strip the plastic drainage tubes and empty the reservoirs 3 times daily. Clean around the plastic tube daily with alcohol, particularly where it meets the skin. The drains will be ready for removal when the drainage from each is less than 25 cc's in a 24 hour period. This could range from 4 days to 3 weeks postoperatively
6. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication). No alcoholic beverages until you are off of your pain medication. Smoking is absolutely prohibited.
7. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
8. You should be ambulating with assistance around the house the day after surgery. More walking and deep breathing exercises hasten recovery.
9. Please schedule your appointment approximately one week following your surgery.
10. Activity restrictions stay in effect for 6 weeks. No lifting over 10 lbs. No exercising. Do not participate in activities that elevate your heart rate or make you perspire.
11. Call Dr. Lindsey at (504) 885-4508 for obvious bleeding, redness, swelling, or pus at the wound, fever over 101.5 degrees, persistent vomiting, any problems or questions.