

# POST OPERATIVE INSTRUCTIONS

## Abdominoplasty

Dr. Hobar 972-566-7300

### Dressing and Incision

1. Clean twice daily with peroxide diluted to ½ strength with water. Stop after 5 days
2. Apply Bacitracin ointment and dressing after each cleansing – stop after 5 days.
3. Sutures will be removed 14 days after surgery.
4. Bruising and swelling is normal and will dissipate with time

### Garment

Wear your abdominal binder and/or girdle 24 hours a day for the first 4 weeks.

### Drains

Needed to collect fluid made by the body during healing which must drain to prevent complications.

They will be removed (one at a time on separate days) approx post op day 7-12 depending on the amount of fluid. They will not be removed early – no exceptions

<u>DO NOT</u> : Remove	<u>DO</u> : Record the amounts on each drain twice daily; separately
Rinse bulbs	Keep bulbs collapsed to create suction
Cut tubing	Call each morning to report daily amounts.

### Activity

1. PUMP YOUR FEET 20 TIMES/HOUR. You are not allowed to be in bed during the day. Be up and moving at least once an hour during the day. This helps prevent clots.
2. Rest with your head and shoulders elevated on 2 pillows and 2 pillows under your knees
3. Shower only (no bath) the day after surgery, unless you had liposuction.
4. Increase activity level gradually. Resume exercise at ½ level after 2-3 weeks
5. Drive when off pain meds for 24 hours.
6. Avoid sunlight to incision for 12 months. Use UVA and UVB protection

### Meds

1. Soma is the best pain reliever. It is a muscle relaxer and will cause drowsiness
2. Use prescribed pain med. only when you have pain. Take with food. DO NOT mix with alcohol
3. DO NOT use aspirin or Advil
4. Drink 8 glasses water/day to prevent constipation due to meds and anesthesia

**No Smoking** for 30 days. Even second hand smoke will close capillaries, which provide essential blood supply to wounds for healing.

### Warning signs

**call: 972-566-7300**

1. Shortness of breath
2. Rapid swelling that is more pronounced on one side and is not relieved by pain meds.
3. Pain that is not resolved with medication
4. Temp. above 101.f
5. Excessive bleeding or drainage
6. Injury to your incision sites
7. Nausea, vomiting, diarrhea
8. No bowel movement in 2 days after surgery and after trying a stool softener, or any trouble urinating

### Post OP Appointments:

1. day 7-12: 1<sup>st</sup> drain removal by provider and exam by Dr. Hobar
2. 3-4 days later: 2<sup>nd</sup> drain removal by provider
3. day 14: suture removal by provider
4. Day 21: approx. begin scar treatment and exam by Dr. Hobar