

Fairfield County Plastic Surgery

Postoperative Abdominoplasty Instructions

PREOPERATIVE INSTRUCTIONS

1. **Do not take aspirin or aspirin products for 3 weeks prior to or 3 weeks after surgery. Aspirin thins the blood, causing you to bleed and bruise more. Please see our “medication list” also. You may take Tylenol (Paracetamol).**
Do not smoke for 3 weeks before or after surgery. Do not sit in a room with a smoker. Do not drink caffeine-containing drinks for 3 weeks after surgery. Do not drink alcohol for 10 days prior to surgery.
2. Please wear a button down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty hose.
3. Shower with Hibiclens or Dial soap (over-the-counter) prior to surgery, paying particular attention to the abdomen and groin area. Do not apply body creams of any kind.
4. **Bring your panty or bikini with you prior to surgery, so the doctor can mark your incision.**
5. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.**
6. **Please have your EKG and blood tests (if ordered) done 10 days before surgery.**

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POST OPERATIVE INSTRUCTIONS

1. Your surgery will take two to four hours. You will go to the recovery room for 1-2 hours until you have awakened from the anesthesia. If you are having outpatient surgery, someone must drive you home and remain with you for 24 hours. If you are spending the night at the surgical center or hospital you must arrange a ride for 8.00 am the fol morning of your discharge. If you are unable to be discharged at this time because your ride is not available, there will be an additional charge for the surgical center and nursing care (no less than a minimum of 25 % of the overnight fee).
2. An elastic garment will be placed on you after the surgery and must be worn for 2 weeks, day and night and for 2 more weeks during the day. You can wash the garment at home after one week. You may wear a light girdle for support in place of the abdominal binder two weeks after surgery. For the first two weeks after surgery. **Do not do any strenuous activity Do not strain during a bowel movement. Do not take pain medication on an empty stomach since it may cause vomiting. All of these may cause bleeding which might require further surgery.**
3. For three weeks after surgery. Do not smoke; do not drink regular coffee or soft drinks containing caffeine. Do not sit in the same room as a smoker.
4. You will have two drainage tubes coming from each side of the abdominal incision to drain blood and serum. These will be removed in the office about four days after surgery. Afterwards it may be necessary to drain small fluid collections on an intermittent basis. This will be done in the office.
5. **For 2 weeks after surgery, restrict your activities as much as possible. Avoid any stretching or heavy lifting. Do not drive for 1 week and then only a car with automatic transmission. You may resume most of your normal activities after 2 weeks. Do not lift any small (0-2) children for three weeks. Do not lift any child greater than 10 pounds for 6 weeks.**
6. **Six months after surgery**, you may resume strenuous activities such as swimming, running, etc., but **only** if you can tolerate them comfortably.
7. After surgery, it will be necessary to see you in the office to change your dressings once a week for 2 weeks.
8. If you should have any questions please call the office.