

Instructions for Recovery After Abdominoplasty

1. You will need to have a place to rest and sleep that allows you to remain comfortably in “beach chair” position, flexed at hip to take tension off your incision. Many patients find a recliner comfortable, or you may use a foam wedge reading pillow behind your back with pillows under knees. You will walk in a bent position at the hips/waist for at least the first week. Some patients find it helpful to have a raised toilet seat for use the first week or so.
2. You will need help for the first few days after surgery and should not be alone for the first 24 hours. Please arrange for adequate help from friends and family until you know you can manage safely on your own.
3. Drink plenty of fluids and start a bowel regimen the day or two before surgery. Use over the counter Metamucil, Miralax or other fiber supplement, and Colace stool softener twice daily. Medications and position can cause significant constipation which is easier to avoid than to treat after the fact.
4. No driving for 3 weeks post op or while taking narcotics. Other limitations include repetitive reaching, twisting, lifting or bending for at least 4 weeks. You may walk beginning immediately post op and may use a recumbent stationary bike at 3 weeks if cleared by your surgeon. In general, avoid any core type exercise or activity for at least 6 weeks. You will be given a regimen of stretching exercises to begin at 4 weeks post op and will slowly increase activity from there. You should not carry groceries, change over laundry or carry laundry basket, vacuum or change bed linens or other strenuous household chores for at least 4-6 weeks.
5. You will have a variety of medications to manage pain during the postop period, including narcotics. Please have your prescriptions filled before surgery. It is best to use ibuprofen and acetaminophen in regular scheduled doses, ibuprofen 600mg every 6 hours and acetaminophen 1000mg every 8 hours. Use prescribed pain medicine as needed. You may also be given a prescription for muscle relaxers or nerve modifiers and your surgeon will discuss further with you. Call the office with any questions about how to take your medications.

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Breast Reconstruction

Breast Lift
Liposuction
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6. You will be in a compression garment postoperatively, which should be worn most of the time for the first 3-4 weeks after surgery and sometimes longer if swelling is slow to resolve or if you have had more significant liposuction. The garment should be snug but not restrict breathing. It may be removed for showers, and you may shower 48 hours after your surgery. Reapply any gauze pads and apply bland ointment to your belly button after each shower.
7. You will have drains in place after surgery. Please empty and record drain output twice daily for each drain and bring record to your office visits so we can determine when drains are ready for removal. In general, it is expected that all drains will have been removed by 2-3 weeks post op. When showering, drains should be secured on a lanyard around your neck so that hands are free.

IF YOU HAVE ANY QUESTIONS OR CONCERNS NOT ADDRESSED ABOVE, PLEASE CONTACT US DIRECTLY AT 410.747.2020

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