

Abdominoplasty:

POST-OPERATIVE INSTRUCTIONS

1. Have someone drive you home after surgery and help you at home for 1-2 days.
2. Get plenty of rest.
3. Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your surgeon.
4. Do not drink alcohol when taking pain medications.
5. Do not smoke, as smoking delays healing and increases the risk of complications.
6. Start with liquids and light meals the first day after surgery.
7. Anesthesia can sometimes delay the bladder function and your ability to urinate. If you are unable to urinate within 6-8 hours after surgery, please call Dr. Amde (see below).

ACTIVITIES:

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots. (May feel the need to bend over when standing for up to 1 week).
- Sitting up puts strain on the abdominal area and will be uncomfortable after surgery. Using your arms and legs to pull yourself upright out of bed decreases discomfort.
- Do not drive until you are no longer taking any pain medications (narcotics).
- You may tire easily. Plan on taking it easy for the first week.
- No lifting greater than 10 lbs for 6 weeks. This may be modified by your physician.

INCISION CARE:

- Drains are often used. Please empty the drain reservoirs as you have been taught by the nursing staff. Please keep a record of the approximate output of the drain.
- Keep head and knees elevated; sleep 2 pillows under your head and 1 under your knees. This takes tension off the abdominal incision. Recliners work well. Many patients choose to recover in a recliner for the first few days for this reason.
- Keep abdominal binder or post-op garment on day and night for 2 weeks.
- Keep incision dry until the first visit. Drains will likely be removed on this visit and okay to shower that day.

For Medical Questions...

Please call us at (317) 325.2699 Monday-Friday, 8 a.m.- 4 p.m. For after hours and on weekends, call the hospital operator at (317) 462.5544 to have Dr. Amde paged.