

Post Operative Care Instructions For Abdominoplasty

1. Please arrange for someone to drive you home after you are discharged from the hospital.
2. You will have an abdominal binder on when you wake up after surgery. You will need to wear an abdominal binder for at least a month after surgery. You may be more comfortable if you wear a cotton T-shirt under the binder. Be sure the T-shirt is snug.(without wrinkles) Wrinkles can make pressure marks on your skin.
3. The first week or so after surgery you may have some difficulty standing up straight. This is expected. Don't force yourself up straight. You may need to sleep in a recliner or propped up with pillows under your mattress. Many people experience some back pain as a result of this temporary abnormal posture.
4. You will have two drains in your abdomen after surgery. They will stay in place for 1-2 weeks after surgery depending on the amount of drainage. You may **shower** with the drains but no tub baths please until you are given the go ahead.
5. You will have small pieces of tape along the incision. DO NOT remove this tape even if they are soiled.
6. You may have trouble moving your bowels after surgery. It's OK to take a stool softener or use a glycerin suppository. These are both available over the counter at your pharmacy. Be sure to drink plenty of fluid. You may walk around but take it easy.
7. ABSOLUTELY NO HEAVY LIFTING OR VIGOROUS EXERCISE FOR 4-6 WEEKS. We are thrilled if you feel great and want to get right back in the swing of things, but DON'T DO IT. Heavy lifting and exercise increase the pressure in your vessels and can cause bleeding even 3-4 weeks after surgery.
8. You may accumulate some fluid under the skin after the drains are pulled. You can minimize the chance of this by limiting your activity and using your binder as instructed. If this does occur, we will drain the fluid in the office. This will not be painful. Your skin on your abdomen will be numb for months after surgery.
9. NO SMOKING for two weeks before and one month after surgery. Smoking reduces blood supply to your skin and impairs your ability to heal itself.

Call the office at 813-448-6550 if you have any questions or concerns. If you should need to reach Dr. Coberly after office hours please call the answering service at 813-448-6550.