

**PLASTIC SURGERY CENTER OF ST. JOSEPH, INC.
MICHAEL D. DE PRIEST, M.D.**

ABDOMINOPLASTY PATIENT INSTRUCTIONS

Abdominoplasty is usually an outpatient surgery. However, if there are unforeseen complications, the doctor may admit you to the hospital overnight for observation.

Do not lie flat after surgery. Recliners are excellent postoperatively. After you get home, you will need to sit in a lounge chair position. You may get out of bed and walk around frequently. We highly encourage walking for circulation. You will need to walk in a bent position. Do not try to straighten up until your soreness allows it. Your activity will increase over several days.

A light diet is best for the day of surgery. Begin with liquids and progress to soup or Jell-O initially. If you feel like advancing your diet to regular foods--that's fine! (We recommend avoiding high fat foods and dairy products.) Take your medication with food to prevent nausea or vomiting.

Wear your support hose for 2 days after surgery.

You may shower 48 hours after surgery. When showering, remove the gauze dressing and allow the water to run over the sutures. Use antibacterial soap and water. Clean sutures with a 50-50 mix of hydrogen peroxide and water then apply a small amount of antibiotic ointment and cover with gauze or mini-pads so clothing doesn't rub on the incision. Reapply your abdominal binder or high-top girdle after redressing the incisions.

You will have surgical drains that will remain in place for 1-5 days, depending upon the drainage. Empty the drain reservoir whenever it is about half full. Keep a log of the drain output. We will remove the drains in the office.

Your staples or sutures will come out in 10 days to two weeks. You will need a compression garment postoperatively. Initially, an abdominal binder will be placed on you in the operating room following your surgery. You will wear this until the sutures or staples are removed. You may then wear your own girdle (preferably a high-waist girdle). We can order a special garment for you if needed.

SIGNS AND SYMPTOMS OF COMPLICATIONS:

- Severe, persistent pain unrelieved by pain medication.
- Swelling
- Fever above 100 degrees (a slight increase in temperature is normal for several days postoperatively).
- Redness in flap/abdominal area
- Excessive or purulent drainage

Your follow-up appointment is on _____ at _____.

If you have any of the above signs or symptoms, please call your surgeon at the office (364-6446), home (233-7043), or page him at (364-8597).

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