

Patient Name:  
Date of Surgery:



### Abdominoplasty Discharge Instructions

- Keep your incision dry until after drains are removed. Sponge baths only until then. You may shower after your drains come out, but do not swim or immerse your incisions until approved by physician.
- Do not remove stitches or steri-strips. They will be removed in the office when you come for your follow-up appointment.
- Keep abdominal binder on at all times until further instructed by physician. It needs to be snug but not so tight you can't breathe.
- Empty your drains at least twice a day or when they are ½ full. Record output on sheet provided. You should "milk" your drains twice a day to prevent clots from forming in the tube. Call the office if your drainage decreases to 30cc in 24 hours before your next schedule appointment so we can remove the drains sooner if needed.
- Sleep in a "beach chair" position with your head and legs elevated and walk, sit, and stand bent at the waist for one week. Sleep in a recliner or propped up on pillows.
- No driving for one week and at least 24 hours after taking last pain medicines.
- You may resume eating and drinking after discharge. Start off slow and drink plenty of fluids.
- While you are on pain medicine you will tend to get constipated so take something to prevent this, including:
  - A. Colace – 100 mg twice a day
  - B. Metamucil
  - C. FiberCon
  - D. X-lax
- Get up and walk around the house once an hour and move feet/legs while in be/recliner to promote circulation and help prevent blood clots.
- Do not take aspirin or aspirin-containing products for one week after surgery. (Examples: Motrin, Ibuprofen, Advil, Aleve)
- Do not exercise for 6 weeks. No bending, lifting, pushing, or pulling. It is okay to do walking.
- Call if you experience significant abdominal swelling, one leg significantly more swollen than another, or have difficulty urinating.
- You may develop a lump and/or redness at you IV site. If so, apply a warm compress (cloth soaked in warm water) to the area. If this develops and does not improve within 24 hours, call the office.

Problems rarely occur following this procedure. However, if any of the following occur;

**-Temperature above 101.0 degrees**

**-Increased bleeding from incision site**

**-Increased pain**

**-Operation site redness**

**-Excessive Drainage**

Please call: **469-325-2073**

I acknowledge receiving the above instructions and understand the explanation of these instructions.

Patient: \_\_\_\_\_

Escort: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_

Date: \_\_\_\_\_