

## **Instructions for Care after your Abdominoplasty**

After your surgery, the following guidelines may be helpful. If you have any questions or concerns, please do not hesitate to call Dr. Lynch at 609-448-6200.

1. Following surgery you will be wearing an abdominal binder to maintain compression. This will minimize the risk of a seroma developing and postoperative infection. Please keep the abdominal binder and surgical dressings on until your postoperative visit.
2. Please finish taking all of your antibiotics as prescribed. Often, eating yogurt may help with minimizing some of the gastrointestinal side effects of antibiotics. If you are prescribed narcotics for pain management, it is important to stay well hydrated, and increase fruits and vegetables in your diet to minimize the side effect of constipation. It may be necessary to take a stool softener (Colace) while taking narcotics.
3. Continue to stay hydrated: drinking at least 6-8 glasses of water a day.
4. Please notify the office if you experience fever, chills, redness, or unusual swelling after surgery.
5. Please avoid strenuous activity/exercises for 6 weeks after surgery. Please limit lifting to no greater than 10 lbs.
6. You will need to use 3-4 pillows to maintain a flexed position in bed for approximately 7 days. You will also need to maintain a flexed position while ambulating post operatively.
7. You will have two surgical drains from your lower abdomen for a few days. Empty these drains and record the output as instructed (see attachment). Please wear a cotton belt while in the shower and pin the drains to this belt while you are naked.
8. Dr. Lynch will remove your dressing at the first postoperative visit. After your visit, it is recommended that you continue to wear the abdominal binder for 24 hours a day/ 7 days a week for 21 days.
9. If you have had liposuction to the abdominal/thigh area an additional compression garment may also be necessary.
10. You will have xeroform on your surgical incisions. Please leave these bandages in place, as they will come off after a few showers. You may gently remove them when they “no longer stick”.
11. **Do Not Smoke. Do not be in a room or car when anyone is smoking.**
12. 4 weeks after surgery, you may begin to use products (vitamin E oil, Mederma, etc.) to minimize the surgical scars.