

## POST OPERATIVE INSTRUCTIONS ABDOMINOPLASTY/BODY LIFT

### ACTIVITY

- Quiet.
- Start walking flexed at the waist (in a stooped position) for a few minutes every 1-2 hours the evening of surgery and continuing daily except when sleeping. This will minimize your risk for blood clots
- In about one week you can gradually stand up straight.
- Gradually increase activity as tolerated.
- No sexual activity for 6 weeks after surgery.
- Wiggle your toes and move your ankles in circles in bed every hour.
- No heavy exercise, bending, lifting, baths, swimming, sun exposure, smoking, alcohol or sports for 6 weeks following surgery after your surgeon has given you clearance to do so..

### POSITION

- Sleeping in a recliner chair with your legs elevated is helpful for the first several days. In bed elevate head and back on 2-3 pillows and keep 2 pillows under your knees.
- A 'reclined' or sitting position relieves tension on the incision.

### Diet

- **Good nutrition:** Eat non-constipating nutritious food (as tolerated) after surgery. Adequate fluids are important following surgery especially the first few days. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages – such as Gatorade and water– for the first 3 days. Ideally you should consume at least 8 ounces of fluid every 2 hours. Stick to a diet of soft, bland, nutritious food for the first 24 hours. Prevention of constipation is important.

### WOUND CARE

- Leave tapes in place until removed in the office.
- If the tapes become excessively wet, you may use a blow dryer on COOL setting to aid in keeping them dry.
- Clean belly button and incision areas with a Q-tip 2-3 times a day using ½ strength hydrogen peroxide + ½ strength tap water. Apply Bacitracin each time you clean your incision for 10 days.

### DRAINS

- **Empty drains as needed when half full or every 6 hours.**
- Write down the amount of drainage each time you empty the drain. Then, after 24 hour periods, add up add up amount out of each drain and bring output record to your doctors appointment. If you are unable to keep the drain bulb(s) collapsed, please call the office.
- You will be able to shower 24 hours after the drains are removed. Do not shower with hot water.

### GARMENT

- The purpose is to provide some gentle support and to reduce swelling. If it feels too tight or

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causes pain, take it off.

- Patients wear the elastic garment for several weeks after surgery, as directed by your doctor. Some choose to wear it longer for several months for comfort.

### DRIVING

- Driving is restricted after surgery until you can move comfortably and adequately to drive safely and/or while taking prescription pain medication. Do not drive while taking narcotic pain medicine or muscle relaxers. Most patients are able to drive 2-3 weeks following surgery.

### MEDICATIONS AFTER SURGERY

Please note that you might not be taking all of these medications.

- **Antibiotic** - Take as directed at your pre-op appointment.
- **Flexeril**, Cyclobenzaprine, **10mg** 3 times per day for 5 days (muscle relaxant). A once daily extended release form, Amrix, is also available but may not be covered by your insurance.
- **Norco (10/325)**, a combination of a narcotic and acetaminophen, 1 tab every 6-8 hours as needed pain.
- **Colace** – to prevent constipation (stool softener), a common problem because of pain medicines and decreased activity. You may also want to take Metamucil until your bowel habits have returned to normal. If you have not had a bowel movement within 4 days following surgery, take Milk of Magnesia, at bed time. If no results by the 5<sup>th</sup> day you may use a Docolax suppository. These are available from your drug store without a prescription.
- Continue **healing supplements/surgery vitamins** until finished.
- If you have a **Scopolamine patch** continue to wear 3 days after surgery (anti-nausea patch) *Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause blurred vision and a large pupil for several hours if your eye is rubbed with unwashed hands having traces of medication on them. This is a transient event and resolves itself without sequelae.*
- **Clonidine patch**- do not remove for one week..This medication decreases blood pressure especially rises associated with pain and anxiety. It also reduces pain and anxiety allowing other medicines to be more effective.
- **Cyproheptadine (Periactin) 20 mg**- take 1 tablet with meals 3 times a day. Important to take if you are on antidepressants or certain other medications to prevent nausea and other problems.
- **Aprepitant (EMEND) 40 mg tablet #1**. Take with a sip of water 1-3 hours prior to surgery. If taking birth control pills, also use additional contraception for 28 days
- **Zofran 8 mg** ODT every 12 hours as needed for nausea.
- **Celebrex 200 mg per day**: 100 mg twice a day. Do not take other, anti-inflammatory medications, NSAID, as this may cause bleeding the first several days before or after surgery and if taken while on Celebrex may cause a dangerous electrolyte disturbance, hyperkalemia.
- **Benedryl 50 mg** – you may wish purchase benedryl, 25 mg tablets or capsules, which can be used as a sleeping aid (take 2 tablets =50 mg) when you want to sleep, or to treat itching – take 1-2 tablet(s) every six hours

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### **TED HOSE**

- Wear TED hose (compression stockings) for the first week and until walking usual daily amount.

### **EXPECT**

- Expect bruising and swelling. Numbness and itching are also normal during the healing process

### **NORMAL POST OPERATIVE SYMPTOMS**

- Normal recovery after abdominoplasty and signs to watch for following tummy tuck surgery include the following:
- Shiny skin or any itchy feeling: Swelling can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find a mild to severe itchy feeling. An antihistamine like Benadryl can help to alleviate severe, constant itchiness or a fever greater than 100 degrees F. If the skin becomes increasingly red and hot to the touch or progressive localized swelling, contact our office immediately.
- Asymmetry: both sides of your body heal differently: One side of your body may look or feel quite different from the other in the days following surgery. This is normal; this includes bruising and swelling
- Tightness and stiffness in abdomen; bruising, swelling and redness at the incision; tingling, burning or intermittent shooting pain: These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. Consistent sharp localized pain should be reported to our office immediately.
- Skin firmness, hypersensitivity or lack of sensitivity: This is normal and will gradually resolve over time.

### **USE OF PAIN MEDICATIONS**

- Tightness and Discomfort are present in all patients following abdominoplasty surgery and is normal. Pain medicines are not designed to remove all pain but rather to make it tolerable. Taking too much pain medicine may be dangerous and can result in poor respiratory effort leading to pneumonia, decreased activity leading to increased incidence of blood clots, constipation with secondary abdominal wall pressure, nausea, vomiting and dependency.

### **CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE**

- A high fever, (over 100°), shaking chills followed by significant sweating, severe nausea and vomiting not controlled by anti-nausea medications, continued dizziness or incoherent behavior, such as hallucinations.
- Intolerable pain not controlled by your pain medication.

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- Bright red skin that is hot to the touch, or purulent discharge (pus).
- Excessive bleeding or fluid seeping through the incisions.
- Progressive or severely misshapen region anywhere on your abdomen or bruising that is localized to one specific point of the abdomen.

**Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.**

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY  
(714) 902-1100***

Patient Signature	{SIGNATURE}	Date
Witness Signature	{SIGNATURE}	Date