

RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

ABDOMINOPLASTY POST-OPERATIVE INSTRUCTIONS

GARMENT: You will be in a compressive garment or abdominal binder following the procedure. This should be worn at all times except when showering. There may be a small amount of oozing from the incisions for the first day or two, this is normal. The garment may be washed when it gets soiled. The garment should be worn around the clock, except when showering, for the first two weeks. You will feel more comfortable if you wear loose-fitting clothing that does not rub across the incision.

ACTIVITY: Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. However, do not remain constantly in bed. You should walk at least three times daily, with assistance if needed. It is normal to feel very "tight" through your abdomen when standing for the first several weeks, so you may want to hunch over slightly when walking. While you are seated or in bed, you should elevate your legs on a few pillows for the first 72 hours.

BATHING: You may shower one day after surgery unless you are instructed differently by your surgeon. No tub baths or swimming for two weeks. Your incisions are usually covered with skin glue which eventually falls off on its own. The incisions may get wet in the shower, letting the water run over them, then just pat everything dry. If the skin glue has not fallen off, you may start to scrub it in the shower or peel it off at one week after surgery. If you are having spotting from any of your incisions, replace the gauze bandages or pads after each shower and as needed.

SURGICAL DRAINS: see JP Drain instruction sheet.

EXERCISE: You may resume non-strenuous activities as tolerated two weeks after surgery. Normal activity can be instituted one month after surgery, starting slowly, and increasing as your body allows. Weight training, cross fit, sexual activity, and other vigorous activity should not be started until six weeks following surgery.

MEDICATIONS: take as directed. Do not drive while taking narcotic pain medications. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____.

NUMBNESS: Numbness, especially of the lower central portion of your abdomen, is to be expected. It can take several weeks to months for this to resolve. Sometimes the numbness beneath the belly button is permanent.

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.