



NORTHEAST PLASTIC SURGERY
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Abdominoplasty Post-operative Instructions

- Your post-operative appointment is scheduled for _____.
- Do not remove your dressings. Please keep your abdominal binder in place at all times. If liposuction was also performed, please also keep your abdominal garment in place. The abdominal binder, with or without the garment, will be worn for 4 to 6 weeks. Your dressings will be removed at your first post-operative visit. If you choose to purchase a second abdominal binder. You may do so through www.marenagroup.com, and be sure to indicate Dr. Pathy's name while purchasing to receive a discounted rate.
- Empty your drains every 12 hours and record the measurements for each drain, separately, on your chart. Please bring the chart with you to your office visits. The amounts that are draining from each drain will determine when the drains may be removed. The drains are usually removed as early as 3 days but may take more than 1 week before removal. Once the drains are removed, you should keep a dry gauze dressing for 48 hours over the former sites on the skin to prevent drainage onto your clothing.
- Keep your dressings dry. Sponge-bathe only until further instructed. Usually, you may shower 48 hours after final drain removal.
- After your first post-operative visit, apply a thin layer of Bacitracin ointment 1-2 times daily to your belly button and cover it with a Telfa Gauze nonadherent dressing for 1-2 weeks.
- If a liquid skin adhesive (glue) was used along your incisions, it may take several weeks to dissolve. Do not apply ointments such as Bacitracin directly over the glued area unless instructed, as this may prematurely dissolve this dressing. If Steri-Strips were placed along your incision, do not peel them off. Once they begin to curl at their edges, you may trim the curled edges with a pair of scissors.
- You have received prescriptions for _____ as an antibiotic and _____ for pain relief. You may alternatively take Tylenol for pain relief. You may stop taking your antibiotic after the final drain has been removed. Please take Colace as a stool softener to limit abdominal straining and constipation.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You may resume your pre-operative diet as tolerated.
- Restrictions are as follows:
 - Lay down in a flexed position for at least 1-2 weeks. Do not lay on your sides for 6 weeks.
 - You may walk as tolerated beginning the day of your surgery, but you must walk in a flexed position for at least 1-2 weeks, and then gradually stand more erect as tolerated.
 - No driving for 2 weeks. You will be restricted from driving until all narcotic medications have been stopped.
 - No heavy lifting (> 5 lb) for 4 weeks. No strenuous pulling or pushing for 4 weeks.
 - No upper body workout or abdominal exercises for 6-8 weeks.
- Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.
- There are a number of different modalities that can limit scar formation post-operatively. Starting 2 weeks post-operatively, we normally recommend that you utilize Epi-Derm™ Silicone Gel Strips from Biodermis™. This therapy may be purchased through www.biodermis.com. Silicone sheets should be applied overlying the healing scar for at least 12 hours daily, and ideally closer to 24 hours daily, with gentle cleansing of the scar performed once daily. An individual sheet may be re-used multiple times, with the average lifespan being 7-10 days. Alternatively, you may choose to utilize any number of silicone scar reduction gels (Kelocote®, Mederma®), and massage in a thin coat twice daily to the scar, for 2-3 months.

Please contact us with any additional questions or concerns.