

POST OPERATIVE INSTRUCTIONS FOR
ABDOMINOPLASTY SURGERY

After surgery, you are to go directly home and remain in bed or on the couch until the following morning. You are allowed up to go to the bathroom with assistance. While lying down, make an effort to move your feet and legs.

You may have food and beverages as desired and tolerated for the first night following surgery and anytime thereafter. We recommend that you start with sips of clear fluids and progress through soups and juices to a regular diet. Try to drink plenty of non-caffeinated beverages.

You will be given a prescription for pain killers. Use these carefully because they can cause nausea and constipation. Straining, such as lifting, vomiting and coughing are to be avoided as they may cause bleeding.

If you have been fitted with a girdle, it is to remain in place day and night for 4 weeks. You are permitted to remove your girdle and shower once Dr. Lennox has advised you of this. There will be small tapes (steri strips) over your incision. These are to remain in place until you see Dr. Lennox roughly 7-14 days postoperatively.

If lying on your back, place a pillow beneath your knees and a few extra pillows under your head.

You must avoid strenuous activities and exercise for about 6 weeks. However, you will be able to walk immediately following your surgery.

WHAT YOU CAN EXPECT

You can expect moderate discomfort and tightness in your abdominal area. This should gradually improve. If pain begins to increase, we need to see you. There will be drainage of blood into your drain reservoir(s). This will be maximal during the first 24 hours and will gradually decrease.

Moderate swelling will occur and will be maximal at 2 days after surgery. Swelling is usually gone in 4 weeks, but occasionally, can persist longer especially in the area just above the pubic region.

If you have any questions or concerns postoperatively, please do not hesitate to call Dr. Lennox at 604-876-1300 or our private line at 604-876-6552. Outside office hours, you may page him at 604-979-7445.