

## Post-Operative Instructions for Abdominoplasties

You should know that following the surgery all patients will experience some minor discomfort for several weeks. You will find that your abdomen is bruised and swollen. Although you should be up and about as quickly as the day of your surgery, you should avoid strenuous activity for 4 weeks. However, if your work does not involve any major physical activity, you will be able to return to work within 2 weeks. Immediately following the surgery, it is recommended that you prepare for 1 week of rest that will allow your body to replenish its energy. Immediately post-operatively, Dr. Tijunelis will typically prescribe antibiotics, and medicine for pain and/or nausea. You will have drains for 1-2 weeks; please see post-operative instructions for drains. If you elect to have a pain pump, please read our post-operative instructions for pain pumps.

During the week immediately following the surgery, you will wear an abdominal binder or garment. This should be worn for anywhere between one and four weeks to help your body adjust to its new changes. To speed up the recovery process, it is recommended that you follow these steps during the first week following your abdominoplasty:

- **YOU MUST REMAIN FOLDED AT THE WAIST, WHETHER IT IS LYING ON YOUR BACK OR YOUR SIDE, FOR AT LEAST ONE WEEK.**



- It is **very important** to wash and clean your incisions in the shower DAILY after the pain pump has been removed. **Change saturated dressings daily or as often as needed.**
- Avoid any physical activity that could stretch your abdomen such as exercise, bending over, or strain as this can result in unnecessary swelling or bleeding.
- Your incision may be closed with a topical surgical adhesive. It is important that you do not rub, scratch, or pick at the incision as this may prematurely open up the freshly healing wound. You should still wash your incisions in the shower.

Although you will be able to return to your regular social activities within two weeks following the surgery, it is recommended that you limit physical exercise. It is also advised that you wear a fitted garment to support your cosmetically reconfigured abdomen for four to six weeks. By following these instructions, you will ensure that your abdominoplasty will result in the best cosmetic appearance possible.

**PLEASE CALL OUR OFFICE if 1). there seems to be excessive bleeding on your dressing (more than spotting) which does not stop, 2). if pain becomes worse and not better, 3). if redness or actual pus begins to drain through incisions (this can happen between 4-7 days). 4). if you have a fever >100.5 degrees.**

If you have any questions or concerns, regardless of whether it is after normal office hours, **please call our office at (847) 968-2401.**