



Hedden Plastic Surgery Center
William J. Hedden, M.D.

ABDOMINOPLASTY POSTOPERATIVE INSTRUCTIONS

1. First and foremost *relax*. Your most important role is simply take care of yourself and call Dr. Hedden if there is any concern or question. Almost always the first night after surgery is uneventful. More than anything else, *comfort and common sense* will determine what is best for you.
2. The patient should not be left alone during the first 24 hours after surgery.
3. It is important that the patient move the feet, ankles, and legs the night of surgery in order to help prevent blood clots in the legs. **DO NOT** just lie in bed all day and night. **GET UP** and move around.
4. Pain is best managed by taking your prescription pain medication as needed. You may take Ibuprofen 600-800 mg 3 times a day with meals starting the 3rd day after surgery. Do not take aspirin or aspirin products.
5. Oral medications should not be taken on an empty stomach.
6. Begin 1st dose of antibiotics tonight, then follow directions on prescription bottle.
7. Cough and take deep breaths several times during each hour.
8. Empty drains per instructions and record amount. The drains will be removed once they have less than 25cc in a 24 hour period.
9. You may notice small amounts of pinkish colored fluid draining from the incision or from around the drains for the first few days. Use gauze or a kotex pad to absorb the fluid as needed to prevent your garment from getting soiled.
10. Wear your abdominal binder at all times unless you are showering or washing the garment. It should be worn snugly to prevent fluid buildup.
11. You may shower the day after surgery. No tub baths, hot tubs, or swimming pools. You may get the tape dressing wet and pat dry. Do not remove the tape dressing without talking to our office.
12. You should start walking the day of surgery once you feel the anesthesia effects have subsided. Sit on the side of the bed for a minute before standing to walk and have assistance at all times initially.
13. No heavy lifting or vigorous exercise for 6 weeks.
14. Swelling and bruising may be present for up to 6-8 weeks. It may take up to 3 months to realize your final results.
15. Drink plenty of fluids and eat a well balanced diet.
16. You may become constipated from the anesthesia and pain medication. If so, you may need to take a laxative such as Colace, which can be purchased over the counter.
17. In case of a medical emergency, such as shortness of breath, excessive bleeding, heart palpitations, etc., call 911.
18. You may call Dr. Hedden or his staff at any time for any reason. We can be reached at the following numbers – Office: 980-1744, Beeper: 234-0074

Signature

Date