POST-OP INSTRUCTIONS

ABDOMINOPLASTY

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Congratulations! We are so happy you selected Longwood Plastic Surgery to help you in achieving comfort and confidence in your own skin.

Many patients often have questions following their procedure and this guide is here to serve as an answer key.

As always, please don't hesitate to reach out with additional questions or concerns

MEDICATION

You may resume any medication taken prior to surgery

You have been prescribed _____ which is a narcotic pain medication. Take as directed

If you are taking Vicodin or Percocet, do not take Tylenol

You may begin taking NSAIDS as needed

If you have been prescribed Toradol (Ketorolac) do not take NSAIDS as well

DON'T TAKE PAIN MEDICATION OR ANTIBIOTICS ON AN EMPTY STOMACH

Scopolamine Patch

You may keep your patch on for up to 72 hours

If you are not nauseous, you may remove the patch tomorrow

Common side effects:

Drowsiness, dry mouth/eyes, restlessness, skin rashes

More severe reactions:

Blurry vision, confusion, dizziness, irregular heartbeat

In this case, REMOVE PATCH and notify your doctor

SHOWERING

YOU MAY SHOWER IN 48 HOURS

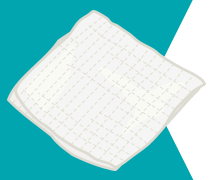
You may remove abdominal binder and foam to shower, once out of the shower pat dry and put back on

Do NOT bathe, swim, or submerge your incisions until authorized by your surgeon

TIPS AND TRICKS FOR A SUCCESSFUL SHOWER

- Ensure an adult is home and aware you are showering in case you feel faint or need assistance (don't lock the door)
- Remove any surgical garments or dressings
- Don't make your shower too hot; comfortably warm water is ideal
- Step into the shower with your body facing away from the surgical site – if you are comfortable, you can turn (some patients find the water hitting the site directly to be painful)
- Unless instructed by your surgeon, use your typical soap – it's okay if soap runs into the incisions, but do not rub into or scrub incisions
- Avoid taking a long shower
- When done, pat the area dry with a clean towel
- Reapply fresh dressings

WOUND CARE



It's important to take care of your incisions and wounds so that they heal correctly!

You may remove the xeroform in 48 hours before or after your shower - if it feels stuck to your skin getting it wet in the shower will help in removal

An **elastic abdominal binder with foam** was placed after surgery - **wear this at all times except for showering**

You may put gauze or ABD pads over your incisions if you find the **binder rubs on them**

If the binder causes itchiness or rashes you can wear a tank top or t shirt underneath

Avoid cold/ice packs and heating pads

DIET

If you are not nauseated, gradually resume your normal diet

Starting out with liquids and light (low-fat) meals

If you were prescribed narcotics for pain control, it is common to struggle with constipation
To alleviate these symptoms, focus on a **fiber-rich diet**

Examples of fiber-rich foods:

OATS

LEAFY GREENS

BERRIES

DRIED PRUNES

Don’t forget to stay hydrated!

EXERCISE

No strenuous activity (heavy lifting, straining)

Strenuous exercise should not be resumed for 6 weeks

Walking and stair climbing are okay

Wait for clearance from your surgeon before you increase ANY activity level (i.e workout classes, yoga, pilates)

Although it's understandable to want to get moving, don't push yourself too hard; allow your body time to heal!

COMMON FAQs

Make no special attempts to stretch or pull your abdomen straight for 2 weeks

You may experience difficulty standing up ot lying in bed flat for a couple of weeks

Placing 1-2 pillows under your knees in bed can help to aleviate any discomfort

Do not drive while taking pain medications

Do not drive for at least 2 days after anesthesia

Resume driving when it no longer causes pain (usually 6-7 days)

If you have additional questions, please call our office

longwoodplasticsurgery (617) 383-6250 www.lpsmd.com

POST-ANESTHESIA

You may be sleepy for the next 12-24 hours. Go home and rest immediately. Fatigue may persist for 24-48 hours.

24 hours after you should not drive, operate heavy machinery, or do anything requiring concentration or precision

Headache, soreness, and stiffness is common and may persist for several days

If you are unable to urinate after 8 hours, call your surgeon

When you notice an appetite, start with fluids like soup or jello and slowly advance to typical meals

It is **VERY IMPORTANT** to take steps to ensure normal breathing function like coughing and deep breathing. Don't be afraid to breathe normally because of perceived discomfort.
Not expanding your lungs fully can cause normal secretions to remain in the lung and cause pnuemonia

WHEN TO CALL...

- **Persistent bleeding that does not stop with direct pressure**
- **Signs and symptoms of infection → redness, swelling, drainage that looks like pus, hot to the touch, or fever of over 101 degrees F**
- **Persistent vomiting**
- **Trouble urinating**
- **Shortness of breath or pain when breathing**

(617) 383-6250

NEXT STEPS

Your follow up appointment will be_____

If an appointment is not already made, call **617-383-6250** to make an appointment

ONCE AGAIN, THANK YOU FOR CHOOSING LONGWOOD PLASTIC SURGERY

DO NOT HESITATE TO REACH OUT