



## Abdominoplasty Post-Operative Instructions

THE FOLLOWING INSTRUCTIONS SHOULD BE READ CAREFULLY BY YOU AND THE PERSON OR PERSONS WHO WILL BE CARING FOR YOU DURING THE FIRST 48 HOURS FOLLOWING SURGERY.

- Upon arriving home, go to bed immediately.
- For the first week, sleep on your back, with your head elevated on three pillows and two pillows under your knees. A recliner works well. You should be in a flexed position at the waist. You may change sleeping positions after the first week as tolerated.
- **DO NOT TAKE ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS** for two weeks (such as ADVIL, BUFFERIN, ANACIN, EXCEDRIN, ETC.) Aspirin interferes with normal blood clotting. If you have any doubts about a product, please check with your pharmacist.
- Take pain pills **ONLY AS NECESSARY** for discomfort, as directed.
- Take antibiotic as directed until all pills are gone.
- Steps should be taken to avoid constipation caused by surgery and pain medicines. Start taking stool softeners (colace) one week before surgery and continue while taking pain medications. Colace is available without prescription at your pharmacy.
- You must get up and walk every 3 hours the first night after surgery.
- No driving a car for at least the first week after surgery. You must be off of pain medicine before driving.
- An abdominal binder will be supplied at the time of surgery. It should be worn at all times until Dr. Kreul allows you to remove it. This includes during sleep.
- You may sleep without the binder two weeks after surgery, but must wear it throughout the day for an additional 2 weeks.
- No heavy lifting or pushing. After 2 weeks, you will be able to resume more normal activities, including walking up hill or on a treadmill. Sports that require rigorous use of the upper body (ie: golf, tennis, swimming, upper body weights) must be avoided for 6 total weeks after surgery.
- You may resume your regular daily activities as soon as you are comfortable.
- The first day after surgery, the binder may be removed and you may shower. The tapes overlying the incision should remain in place until removed by Dr. Kreul; pat them dry.
- The drain must be emptied and the output recorded several times daily. The drainage tube will be removed by Dr. Kreul one week after surgery.
- **DO NOT** expose your incision (scar) to sun or tanning rays of any kind, until the scar has matured and become a fine line, white scar. Exposure to sun or tanning rays before the scar matures could intensify the pigment of the scar and cause permanent discoloration.
- If there are any questions or doubts, please call our office anytime at [541 / 773 / 6700](tel:5417736700).
- You will be called within the first 24 hours after surgery by Dr. Kreul or his staff.

## Important Post-Operative Instructions

With any surgical procedure, there is the remote possibility of developing phlebitis or blood clots, which can travel to other areas of the body. If this phenomenon occurs, it could require hospitalization and/or prolonged anti-coagulation therapy. In very rare instances, it can be fatal.

IT IS RECOMMENDED THAT YOU TAKE THE FOLLOWING PRECAUTIONS AFTER SURGERY:

1. Drink a lot of fluids for several weeks following your surgery. It is very important that you **STAY HYDRATED**.
2. Get out of bed periodically and take short walks around the house. This will help to keep the blood circulating in your legs.
3. When lying in bed, raise and lower your feet frequently to keep the leg muscles working and blood flowing through your body.
4. If you drive or are a passenger in a vehicle, move your feet up and down frequently and drink plenty of fluids.

**NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY..**

