



THE PLASTIC SURGERY CENTRE

## Instructions for Patients Having an Abdominoplasty

### **2 Weeks Before Surgery**

- Avoid all aspirin containing products, all anti-inflammatory medications (ie. Ibuprofen such as Advil or Motrin), all products containing 400 IU's of vitamin E and any herbal medications or remedies. These products can increase bleeding both during and after surgery and may lead to increased postoperative bruising, swelling and recovery time. (This also includes any omega-3 capsules, flaxseed oils, fish or cod liver oils.)
- Stop or at least cut down on smoking. Smoking constricts small blood vessels causing delayed healing, increased scarring and increased recovery time.
- Begin taking a multivitamin and iron tablet daily, which can speed healing and shorten recovery time. It is recommended to continue your multivitamin and iron tablet for one month following surgery. (Iron: Ferrous Gluconate 300mg tabs, one tab once a day with orange juice.)
- We will fit you for a post op garment at your pre-op appointment.
- Arrange for transportation to and from surgery. You must have someone responsible pick you up and remain with you for a minimum of 24 hours. You cannot take a taxi home on your own.
- Make arrangements for care after your surgery. It is recommended to restrict activity for approximately 2 weeks following surgery. It is advisable to make arrangements for assistance.
- Avoid dental appointments 2 weeks prior to surgery as well as 2 weeks postoperatively due to heightened risk of infection.

### **24 Hours Before Surgery**

- Avoid alcohol and smoking.
- Nothing to eat or drink after midnight the night before your surgery (No water, no gum).

### **Day of Surgery**

- Wear loose, comfortable button-up or zip-up clothing (ie. Jog suit, slip on shoes)
- Leave valuables at home (remove contact lenses, jewelry or piercing of any kind).
- Take any regular prescribed medications (ie. blood pressure medications) with a small amount of water.

## **After Surgery**

- Some pain and nausea can be expected. This can be relieved with anti-pain and anti-nausea medications. Take them as directed. If you are coming from out of town, please have these medications with you. It is a good idea to have GRAVOL at home.
- Any binders worn post-operatively should be comfortable and not too tight. Adjust as necessary.
- You will be wearing an initial post-operative garment with foam 24hrs/day for the first week (may be removed for showering). After your one week post-op appointment you will be fitted for a secondary garment that will be worn for 5-8 weeks. This garment is important for optimal results.
- You may notice some red, watery fluid draining from operative/liposuction sites. This is normal and will usually resolve in 24-48 hours. It is advisable to place old blankets or absorbent towels under you to protect your mattress/ car seats.
- You may have a drain present. Empty and measure your drain as necessary. Call the office daily to notify us as to the amount of drainage you are having. This drain is normally removed within 48-96 hours in office following surgery.
- Lie down or sit with legs elevated. This will assist in the reduction of excess post-operative swelling.
- Rest is important to minimize pain, nausea and swelling.
- Begin a light nutritional regime and increase food intake as tolerated.
- Take anti-pain medications with food to avoid an upset stomach. Begin taking antibiotic medication once home from surgery and continue until prescription is finished. Eat yogurt while taking antibiotics. If diarrhea occurs, stop antibiotics and call our office for further direction.

**Call (403) 228-1313 if you have any questions or concerns.  
If leaving a message please leave a number.**

## **Post-operative day 1**

- It is advisable to leave binders and post-operative garments on for 48 hours before showering. After showering, the garments/binders need to be put back on and any surgical tape (white) should be dried. The tape will normally stay on for two weeks.
- Be aware of any unusual swelling or a sudden increase in pain. If either of these are noted, phone the office as soon as possible.
- Continue to maintain a regular fluid intake.
- Continue to lie or sit with legs elevated.
- Continue care of your drain.
- Be aware of decreased skin sensation. Do not apply excessive heat or cold to the operative areas.

- Do not smoke and rest as much as possible.
- A nurse will call you by noon to assess how you are doing. At this time, you will be given further post-operative instructions as well as an appointment for your first post-operative visit.

## **Post-operative Days 2-7**

- Continue to rest as much as possible with legs elevated.
- Continue care of your drain.
- Gradually increase your activity level after 7 days postoperatively. As individuals, everyone's post-operative healing phases will differ. Generally speaking, gentle exercise may resume at 10 days with moderate exercise resuming after 3 weeks. It is advisable to abstain from a full exercise regime until 6 weeks postoperatively.
- Bathing, swimming and hot tubs are to be avoided for a full 4 weeks post operatively or until incisions are fully healed. (If you are unsure please check with the nurse.)
- Scar tissue (firmness or hardening of operative tissues) may increase up to 6 weeks with the resultant softening of the tissues.
- Approximately 75% of swelling will diminish within 8 weeks. Any remaining swelling can take from 6 months to 1 year to absorb.
- Best results are usually not seen until 6 months following surgery yet the final stages of healing are usually not complete until 1 year post-operatively.