



POST-OPERATIVE INSTRUCTIONS – ABDOMINOPLASTY

Patient Name: _____

Date of Post-Op(s): _____

Medications

- Take all prescribed antibiotics as directed until the prescription is finished.
- Use pain medication as needed for discomfort. **Do not take pain medication on an empty stomach.**
- Avoid taking Tylenol while on prescription narcotics.
- Do not take anti-inflammatory medications (such as Aspirin, Advil, or Ibuprofen) unless specifically instructed by your surgeon.
- Avoid Vitamin E, herbal supplements or teas, fish oil, and alcohol during your recovery.
- If taking prescription narcotic pain medication, an over-the-counter stool softener (such as Colace or Miralax) is recommended to help prevent constipation.

Wound Care: Dressing, Shower, and Bathing

- You may shower **2 days after surgery**.
- Use Hibiclens soap on your incision site until the bottle is finished.
- After showering, reapply a clean gauze dressing.
- Avoid swimming, hot tubs, and baths until your incisions are completely healed.

Diet

- Begin with a clear liquid diet and gradually return to your regular diet if you do not experience nausea.

Activity and Exercise

- Gentle walking is permitted immediately.
- Brisk walking may be resumed 3 weeks after surgery.
- Strenuous exercise (aerobics, jogging, etc.) should be avoided for 4–6 weeks.
- Avoid heavy lifting (anything over 5 lbs) for at least 4 weeks.
- Do not drive for 7–10 days after surgery, or until you are no longer taking narcotic pain medication.
- Travel is **not permitted for 2 weeks** following surgery—please plan accordingly.

Returning to Work

- For non-physical, desk-type work: you may typically return after 2 weeks.
- For jobs requiring strenuous activity or heavy lifting: plan to return after 3–4 weeks.

Sutures and Drains

- Most sutures are internal and will dissolve naturally. Any external sutures will be removed at your first post-operative appointment.
- If surgical drains are placed, they are usually removed 1–2 weeks after surgery during your follow-up visit.
- You will be instructed on how to empty and record drainage after surgery.
- Contact our office immediately if you notice signs of infection (warmth, redness, unusual swelling, or tenderness).

Drain Care

- Strip drain tubes **3 times daily**. Empty drain bulbs **3 times daily** after stripping.
- Measure and record the fluid collected each time the drain bulbs are emptied.

Expected Recovery Symptoms

- **Swelling** will peak within 4–5 days after surgery, then gradually improve. Complete resolution may take up to 6 months.
- **Bruising, numbness, and itching** around the surgical area are normal.
- Temporary numbness may last for several months; in some cases, partial sensation loss may be permanent.

Contact Information

If you have any questions or concerns, please contact our office during regular business hours:

Monday – Thursday, 9:00 AM – 5:00 PM; Fridays 9:00 AM -4:00 PM.

FACIAL COSMETIC SURGERY • THE REFRESH LIFT™ • BREAST AUGMENTATION & LIFT • BODY SCULPTING & LIPOSUCTION • TUMMY TUCK

DERMAL FILLERS & INJECTABLES • AESTHETIC SERVICES • BODYTITE • FACETITE • MORPHEUS • CLINICAL GRADE SKINCARE

2950 TERRA CROSSING BOULEVARD • LOUISVILLE, KY 40245 • 502-589-5544 • 502-561-0040 FAX • WWW.DIGENIS.COM