

ABDOMINOPLASTY POST-OP INSTRUCTIONS

PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. DR. WARNOCK WILL DISCUSS ANY CHANGES TO THESE INSTRUCTIONS WITH YOU. IF YOU HAVE ANY PROBLEMS, QUESTIONS OR WORRIES, PLEASE FEEL FREE TO CALL THE OFFICE (571-2020). THE OFFICE IS OPEN FROM 9:00AM-5:00PM MONDAY THROUGH FRIDAY. IF IT IS AFTER HOURS, A WEEKEND OR HOLIDAY PLEASE CALL THE OFFICE PHONE AND LEAVE A MESSAGE WITH THE ANSWERING SERVICE.

1. Fill prescriptions. Percocet, one or two every 4-6 hours, OR Lortab, one or two every 3-4 hours as needed for pain. Phenergan, one every 4-6 hours, as needed for nausea. Duricef, twice daily for seven days to guard against infection (please take the whole prescription). Coumadin should be taken one time a day for five days starting the day of your surgery. Example: If your surgery is on Thursday, you will start your coumadin that evening.
2. Do not take any aspirin or aspirin like products for at least two weeks after surgery. (This includes Motrin, Advil, Ibuprofen, Actron, Naprosyn, etc.). These drugs can cause bleeding. If you have any questions concerning acceptable medication please contact the office.
3. DO NOT apply Ice packs or heat to the surgical site. This may constrict blood flow and affect your healing.
4. Smoking causes wound healing problems. It is required that the patient does not smoke for two weeks following surgery.
5. Steri strips or bandages are to be left in position until seen by Dr. Warnock at the first follow-up visit. The bandages are not to get wet and are to be kept clean at all times. Steri strips may get wet, but should be dried immediately afterward.
6. You will need to wear an abdominal binder (3 panel for women and 4 panel for men) following your surgery for one week both day and night. After this a supportive girdle should be worn day and night for three weeks.
7. Sleep on your back with two pillows under your knees, or in a recliner chair for 2-3 weeks. This will eliminate straining the incision. Turning slightly to the side and curling up may also be comfortable.
8. For the first week following surgery, walk in a bent over (flexed at the waist) position to avoid straining the incision. After one week you may stand up straight.
9. No sports, exercising, bending, lifting, heavy exertion, or heavy work for approximately 3 weeks after surgery. Too much activity can cause excessive bleeding/swelling.
10. Watch for any active bleeding, extensive bruising, abnormal swelling, excessive pain or discharge- particularly if one area becomes extremely swollen, discolored or painful with any sort of discharge. Swelling is common postoperatively, but any excessive swelling should be noted and Dr. Warnock should be notified.
11. Sensation will return in the skin of the abdomen, but this may take months. Swelling above the incision is normal and will also go away slowly. Fat removal by suction may be needed later.
12. After your drains are removed you will need to purchase and wear a 2nd stage compression garment. This can be purchased at Walmart (Cupid brand thigh trimmer with waist clincher, extra-firm control).

