

PURE PLASTIC SURGERY

Lipo-Abdominoplasty Post-Operative Instructions

Immediately After Surgery

1. Your first post-operative appointment will be with our staff the day after your surgery.
2. The following visit will be scheduled with a surgeon.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 10 pounds for 6 weeks.
5. You must wear your abdominal binder 24/7 (remove to shower only) until your drains are removed. You then transition to your compression garment.
 - a. Compression garment is worn 24/7 for 1 month after surgery and then at night only for 2 more weeks.
6. TWO drainage tubes are placed underneath the skin at the time of surgery. You must strip, empty and record the drain output EVERY 4 HOURS or sooner if the bulb fills with fluid.
 - a. YOU MUST bring a sheet with a recording of drain outputs to the post-op visits to help your surgeon decide when he can remove your drains.
 - b. For the most part, drains are removed at 7 days -10 days after surgery.
 - c. It is normal to have some bloody drainage in the bulb.
7. Drink water after surgery. You should consume at least 6-8 cups of water (8 oz each).
8. Do not take any aspirin-type products for 4 weeks after surgery. ONLY use the pain medication prescribed by the surgeon or Tylenol.
9. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
10. You are only allowed to take a single multivitamin a day.
11. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
12. **Work:**
 - a. Expect to take at least 7 days off of work if you are employed.
 - b. Please limit ALL activities for the first week following your procedure.
13. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least **5 times a day and walk.**
14. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
 - a. Do not take narcotic pain medication (oxycodone) without having some food in your stomach. If not, it can cause nausea and vomiting.
 - b. Take an over the counter stool softener twice a day (Colace for example 100mg BID) while taking narcotic pain medication.
15. **Showering:**
 - a. Start showering 24 hours after surgery and do so once a day.
 - b. You are only allowed to shower for the first 30 days after surgery. Use soap and water to all incisions using a gentle circular motion and pat dry. Do not rub the wounds.

- c. Support the drains while in the shower so they don't pull out of the skin.
- d. Leave the steri strips on while showering. They will fall off on their own over time. You can dry the steri strips with a blow dryer on the cool setting.
- e. **You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.**
- f. Place bacitracin (not Neosporin) to the belly button once a day. Only a small amount. Do not goop it on. You can also clean the belly button with a cotton tip applicator and hydrogen peroxide for the first couple of days after surgery.
- g. Do not place any ointments to the steri strips. Never use alcohol on your wounds as it kills healthy tissue.
- h. Do not use warm or hot pads on the wounds or abdomen.

16. Sleeping:

- a. Sleep with your back on 2-3 pillows and bend slightly forward to decrease stretch on your abdominal wound.
- b. You can also sleep in a recliner.
- c. Normal sleeping position can be at 2-3 weeks.

Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum.**
2. No sexual intercourse for 4 weeks.
3. Do not drive for 5-7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking oxycodone.
4. All sutures are dissolvable and do not need to be removed.
5. No smoking is allowed 6 weeks before and 6 weeks after surgery. Hopefully you do not smoke at all.
6. No alcohol for 2 weeks after surgery. Do not consume alcohol while taking pain medication.
7. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
8. Please avoid all direct sun exposure to the wounds for 8 weeks after surgery.
 - a. Start using sunscreen 10 days after surgery (or once steri strips have been removed) every day and use for **1 year** to minimize scarring.
 - b. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
9. You must be seen in the clinic for monthly follow-up visits the first 3 months followed by another visit at 1 year at minimum.
10. It is NORMAL to have bruising and swelling to the surgical area as well as the genitalia. This will gradually improve over several weeks.
11. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer. A clinically significant fever is 102 degrees Fahrenheit or greater.

The office can be reached directly at 305-230-4326.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

Coral Gables Hospital
3100 Douglas Road
Coral Gables, FL 33134
305-445-8461

Westchester General Hospital
2500 SW 75th Avenue
Miami, FL 33155
305-264-5252

*If you have a life-threatening emergency please go to the nearest emergency department.