

ABDOMINOPLASTY INSTRUCTIONS

1. The full Abdominoplasty requires an overnight stay in the hospital under skilled nursing care. Should the rare complications of excessive blood loss occur during or after surgery, blood replacement may be necessary.
2. A Foley catheter is often inserted into the bladder, remaining there until the morning after surgery. This allows maximum comfort and relaxation after surgery.
3. While in bed, both your head and knees will be elevated. This flexed position of the knees combined with head elevation reduces the tension on the abdominal repair. When at home you should also maintain the same position for 4-5 days while you are in bed.
4. Your activity level for the first 24 hours is limited. Check with the doctor.
5. When walking you must assume a hunched over position for 1 week to prevent tension on the abdomen.
6. You will have drains in the pubic area after surgery. The exit sites need to be cleansed with hydrogen peroxide or rubbing alcohol and have Neosporin ointment applied twice a day. These drains will be removed usually on the 6th preoperative day.
7. For the first 12-18 hours after surgery you will not be allowed to drink or eat. During this period you will be maintained on intravenous fluids. When bowel sounds are heard (usually the morning after surgery), you will be given clear fluids only, gradually progressing to full liquids and a soft diet.
8. Firm support of the abdomen is crucial. Dr. Flowers will apply a snug supportive dressing immediately after the operation. Subsequent changes and nature of abdominal support or any additional instructions you may need will be given to you by Dr. Flowers or his clinical staff.
9. Removal of the abdominal sutures is done around the 4th or 5th postoperative day. Suture removal of the umbilicus is usually done the 6th postoperative day.

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