



Abdominoplasty

Post – Op

General Instructions:

- Minimal activity of the first week after surgery.
- 1-2 drains may be required. If asked, drainage amounts should be logged and taken to each postoperative visit for the surgeon to review.
- Remember to position yourself as instructed by your surgeon, avoid standing up straight.
- Leave the surgical compression garment on until instructed otherwise. This will decrease the risk of seroma (collection of fluid) formation in the postoperative period.
- No HOT or WARM compresses.
- No COLD or ICE compresses to the area.

You can expect:

- Sutures/Staples to be removed between 2 - 4 weeks post operatively.
- Moderate discomfort, which should be relieved by the pain medications.
- Moderate swelling and bruising around and below the abdomen.
- There may be some bloody drainage on the dressings.
- Clear liquid oozing from the incision.

Call the office if you experience:

- Severe pain not responding to pain medications.
- Excess swelling or swelling that is greater on one side than the other.
- A bright red spot on the bandage which continues to enlarge.
- Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
- A fever.
- Bright red blood in drains that seems to be clotting.
- Call if you have any questions.