



Instructions after Abdominoplasty

1. Keep your abdominal binder on at all times. Make sure it is tight, flat, and low across your hips and covering your incision.
2. Take frequent walks with help and in well lit areas every 2 hours. Wiggle your feet and toes frequently in bed. Walk in a hunched over position to take pressure off of your incision.
3. If you need to cough or sneeze, be sure to provide pressure against your abdomen using a pillow.
4. Take your prescriptions as ordered. Take Tylenol every 6 hours whether or not you are having pain to provide baseline pain control. Take Oxycodone as needed for breakthrough pain. Take your stool softener right away and twice a day. Take the anti-nausea medication as needed. Take your antibiotic as ordered.
5. Empty your drains and strip and clear the lines every 4 hours. Record how much comes out and keep track so you know how much comes out for each 24 hour period.
6. Sleep with your head elevated and your legs elevated with pillows to take pressure off of your abdomen.
7. Eat a regular, balanced diet. Continue taking your multi-vitamins.
8. You may remove the white gauzes bandages in 2 days after your surgery. Leave the steri-strips (pieces of tape) that are directly on your incision. They will fall off on their own. Wear your binder at all times. ‘
9. Remove the dressing from your belly button in you 2 days. You can remove the packing from your belly button. Wash inside your belly button gently with a Q-tip.