



GRAPER  
COSMETIC  
SURGERY

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## POSTOPERATIVE ABDOMINOPLASTY INSTRUCTIONS

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. **DO NOT** smoke or be around anyone who is smoking to prevent wound break down or tissue death. If you are taking an antibiotic, be sure to finish it.
2. Stay in a flexed position at all times for the first seven days. **Walk bent forward at the hips until allowed to straighten up by your doctor.** In order to stay in this position at night, sleep in a recliner chair or put two pillows under your head and two pillows under your knees in bed. You may lay flat on your back with your legs elevated to relieve back strain. The idea is to maintain the flexed position and therefore minimize motion at the operative site to prevent problems. Failure to observe these recommendations can result in wound separation or skin loss due to excess tension.
3. You will need assistance to the bathroom during the first several days at home.
4. If you have drains, empty them before they become half full and recharge the drain bulb by collapsing the bulb. Keep a record of the amount drained.
5. **DO NOT** remove your binder. You may adjust it if necessary, but keep snug even pressure on the abdomen.
6. Do not apply a heating pad or hot water bottle to your abdomen as this may cause a burn to this numb skin.
7. Try to keep movement at your waist to a minimum to prevent fluid collections. This means no twisting or unnecessary up and down motion. Your doctor will advise you when exercise is safe.
8. Your doctor will advise you when you can shower, but usually after the first dressing change or about 3-4 days. Showering is best done by first removing all the dressings and the binder. Wearing underpants into the shower and pinning the drain bulbs to the underpants will make showering easier.
9. Please call our office if you have any questions or concerns.
10. No smoking as this can lead to wound healing problems and widened scars.
11. Taking deep breaths and coughing is recommended to help clear the lungs from the effects of anesthesia. Moving the ankles and knees as often as possible should also be done to prevent blood clots in the legs.
12. Call our office soon to schedule your first post-op visit on \_\_\_\_\_.