

AFTER YOUR ABDOMINOPLASTY & LIPOSUCTION SURGERY

- You will be sent home wearing gauze dressings covered by an abdominal binder. If you have had liposuction of the back, hips, or thighs, you will be placed in a compression garment. There will be antibiotic impregnated discs around your drains and these will be covered with a dressing. A hypoallergenic brown tape will cover your lower abdominal incision. This tape will be removed two weeks after your surgery. Your umbilical incision may have visible blue sutures, covered with antibiotic ointment and gauze. It is normal to have swelling, bruising, and numbness at the operative site.
- The compression garments are typically worn 24/7 for 6 weeks after your procedure to help with skin retraction. Additional garments may be purchased through Marena Comfort Wear (1-888-462-7362). After the first week, you may also wear SPANX or other shapewear if they cover the surgical areas in a manner similar to the compression garment you were given.
- **Please make sure your garment is not too tight.** You should be able to comfortably slip your hand under the garment. If you are wearing an abdominal binder, adjust the tension with the Velcro band. If you are wearing a garment you may unzip and unsnap the side bindings. **Do not apply cold or heat to the surgical sites.**
- You will have one or two drains in place to remove blood and fluid that accumulates after surgery. Please read the accompanying drain care instruction sheet for information on emptying and recording your drainage. You may not shower or bathe with the drains in place. Sponge baths are okay. Drains typically remain in place for 1-4 weeks after surgery.
- Keep well-hydrated and make sure your urine is clear yellow in color. If your stomach is not upset, you may resume your normal diet. If you do feel some nausea, limit your first meal to liquids, such as soup or juice. Use your anti-nausea medications as needed.
- Take your antibiotics and pain medications as directed. Arnica and Bromelain supplements should be started three days before your procedure. Continue these, as directed, after surgery.
- Your activity is limited to walking for the first two weeks post-operatively. You may climb stairs if necessary. Do not stand up completely straight or lie down flat for the first week after surgery. We do not want to put too much tension on the incision.
- You may **not** smoke or be in the company of second hand smoke for 6 weeks after surgery.
- It is normal not to have a bowel movement for 5-7 days after surgery. Begin taking Surgilax, as directed, the day after your surgery.
- Please call the office to schedule your first post-operative visit for one week after surgery. At this visit any sutures around your umbilicus and at your liposuction sites will be removed; the remaining sutures are absorbable. Bring your drain record with you to your office visit.
- You may shower 24 hours after your drains are removed.
- You may not get into a hot tub, pool, lake, river or ocean until all the incisions are fully healed and there are no open areas; this usually takes 6-8 weeks.
- Areas of firmness may develop in the liposuction sites. These areas should be massaged three times daily until they resolve. Arnica gel may be used anytime after the first week to reduce bruising. Lymphatic massage is also helpful and can be started 2 weeks after your surgery. Laura Pierce (910-352-7180) is an excellent masseuse who has worked with a lot of our patients.
- **Do not lift objects heavier than 5 lbs and avoid cardio-activities for 6 weeks after surgery. After 6 weeks, you may gradually return to all activities.** Sexual activities may be resumed after 2 weeks.
- Scar cream, available in our office, may be applied to all scars 2 weeks after surgery.

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