

## **AFTER YOUR LOWER BODYLIFT SURGERY**

- You will be sent home wearing gauze dressings covered by an abdominal binder. There will be antibiotic impregnated discs around your drains and these will be covered with a secure dressing. Either brown hypoallergenic or dermabond tape will cover your incisions. This tape will be removed two weeks after your surgery. Your umbilical incision may have visible blue sutures, covered with antibiotic ointment and gauze. You will have swelling, bruising, and numbness at the operative site. This is normal.
- 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 two to four 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 1-2 weeks after surgery.
- 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.
- 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. Surgilax, given to you at your pre-operative visit, should be used as directed on the first post-operative day
- You will need to be seen in the office one week after surgery. Please call the office to make your appointment. At this visit the sutures around your umbilicus may be removed; the remaining sutures are absorbable. Your drains will be evaluated for possible removal. 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 6-8weeks.
- Do not lift objects heavier than 5 lbs for 6 weeks after surgery. Avoid all cardio-activities, and sports for 6 weeks. After 6 weeks, you may gradually return to all strengthening and impact activities. Sexual activities may be resumed after 2 weeks.

