

Instructions for Abdominoplasty Patients

Before Surgery:

- Maintain a well balanced diet prior to your surgery. Good nutrition is important for healing. If possible, increase your protein intake. Take a multivitamin daily prior to and after surgery. It is also helpful to begin taking Vitamin C. You may take between 500 and 1000 mg three times per day. However, you should discontinue all vitamins and supplements for the 2 weeks prior to surgery.
- Do not take aspirin or aspirin-containing products, ibuprofen (Advil, Motrin, Nuprin), naproxen (Aleve, Naprosyn), or high doses of Vitamin E for two weeks prior to and after the surgery.
- If you smoke, you need to **STOP SMOKING** and avoid second-hand smoke. This is imperative to ensure proper healing.
- Do not eat or drink anything after midnight the night before surgery.
- On the morning of surgery, you may brush your teeth and rinse your mouth. Do not wear make-up, nail polish, jewelry, or contact lenses. Wear loose-fitting clothing that can easily be removed and put on (button down or front zipper shirts are preferred).

Shopping List: (items that are helpful to have available before surgery)

- Food items such as soups, toast, yogurt, non-acidic/non-spicy juices and foods. You may have difficulties with constipation, so having fruit and high fiber items available is helpful.
- Stool Softener (Colace, Senokot)
- A step-down girdle/compression garment for use once the doctor gives the “okay”. These can be purchased at JC Penney’s, Boston Store, etc. Also available at Knueppel Health Care.

After Surgery:

- You may have drains at your incision after surgery. Instructions on care will be given to you prior to your discharge home.
- You will be given a prescription for pain medication. Take it as directed. Also, it is important that the medication be taken with food to decrease stomach upset.
- The abdominal area will feel tight after surgery. The majority of swelling will resolve within the first two weeks after surgery, and then slowly thereafter.

- You will be asked to sit, lie, stand and walk in a bent position for the first week or two after surgery in order to keep tension off the incision line. Sleeping in a recliner works well to keep both your head and legs elevated.
- An abdominal binder will be provided to you to support the surgical area for the first several weeks up to a month after surgery.
- Your wound will be sealed with a liquid sealant; all sutures are hidden beneath the skin. Do not pick or try to remove the sealant. The sutures around your drains will be removed when your drain is removed.
- You may shower the morning after surgery. If you have drains, you will need to pin them to a shoestring necklace hung loosely around your neck.
- You may begin short walks one week after surgery and gradually increase distances. Do not participate in strenuous exercise such as jogging, tennis, or aerobics for six weeks after your operation. No sit-ups/crunches or abdominal strengthening exercises for at least six weeks after surgery.

***More specific post-operative instructions will be given to you before you are discharged from the hospital.**

If you have any questions or concerns, please do not hesitate to call the Plastic Surgery office at 414-805-5440 during business hours.