

ABDOMINAL SURGERY POST-OP INSTRUCTIONS

(Abdominoplasty, Mini-Abdominoplasty, Panniculectomy)

General Discharge Instructions:

1. The medication or sedation given to you will be acting in your body for the next 24 hours, and because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore, you should not:** stay alone, drive a car, operate machinery or power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Please eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, Soda, Kool-Aid, Non-Acid juices).

Medications:

-You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.

-Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

-Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.

-ALL narcotic medication can cause constipation following surgery. We will be sending a stool softener the day of surgery to help prevent constipation. If you have continued constipation after using stool softener you can use Milk of Magnesia.

-**Lovenox:** If given a Lovenox 40mg injection prescription, this is to be injected subcutaneously daily for 7 days, starting the night of surgery. NO injections to the abdomen or surgical site, the injection can be done in the thigh or the back of the arm.

-Resume all your regular medications after surgery.

-Avoid aspirin products for 7 days.

-**Starting Tylenol and Ibuprofen products:** These medications may be started 48 hours after surgery, unless taking Lovenox, then avoid Ibuprofen products for 7 days. Incorporating Ibuprofen will allow you to be able to taper off of your narcotic medication. Once you're no longer taking your narcotic medication (which contains Tylenol), you may start to also incorporate Tylenol for pain.

Activity:

-Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around in your house at least every 2 hours during the day to prevent developing a blood clot.

-It is best to rest in an upright, bent position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back.

-Avoid aerobic type of activity or strenuous exercise for 6 weeks.

-You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.

-You may drive after 1 week IF you are no longer taking narcotic pain medication.

-You can return to work within a week as long as you have a job that does not involve heavy lifting.

-Wear loose fitting underwear to avoid creases in the abdomen.

-Splint your abdomen incision with a pillow if you have to cough.

Garment:

-The type of garment provided will be at the discretion of the surgeon based on your procedure and body type.

-Abdominal Binder (also see How to Wear Your Abdominal Binder video): Wear abdominal binder 24/7 except when bathing or washing the garment. Wear binder loosely for the first week, then you may start tightening the binder.

-You may switch to another form of compression/spandex/spanx at a time frame given to you by your doctor based on your healing and outcome.

Wound Care: (also see How to Care for Your JP Drain Instructions and video; and Wound Care video)

-The day after your surgery, shower. Remove your Garment and dressings to shower.

-The type of dressing you have after surgery may vary at your doctor's discretion, based on your procedure, or skin sensitivity.

-White pad and Steri-Strips (Dr. Schmidt)- To shower, remove white gauze dressing only and wash over Steri-Strips gently with soap and water. DO NOT remove Steri-Strips, if they fall off on their own that is okay. Rinse and pat dry, then apply clean dressing over Steri-Strips. Re-apply garment.

-White and yellow gauze (Dr. Fox)- To shower, remove white and yellow gauze, and wash over incisions gently with soap and water. Rinse and pat dry. Apply Vaseline ointment and clean dressings over incisions. Re-apply garment.

-White pads and steri-strips (Dr. Hedrick and Dr. Parrish)- To shower, leave clear dressing in place until follow-up appointment. If dressing begins to peel away, you may remove them but leave the Steri-Strips in place. R-apply garment.

-If you develop any scabs or crusts along your incision when there is no Steri-Strip in place, take a warm wet wash cloth, and soak it on your incision for 5-10 minutes. This will soften the scabs/crusts and gently clean them away.

-Kotex Pads/mini pads work great to use as dressings at home.

-DO NOT use a bath tub, hot tub, swimming pool, pond or lake for 4 weeks.

-No smoking or second hand smoke as this could cause tissue/skin loss.

-Absolutely NO ICE OR HEATING PADS to the surgical areas as you may freeze or burn your skin.

-If you have a drain, also see How to Care for your JP Drain Instructions and Video.

When to call the Doctor:

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage;

If you have any problems call our office at 937-886-2980.

Follow up:

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. Your stitches may be removed at this time.

For Your Comfort:

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Whether you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your chest and knees elevated, on an old sheet, towels, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach and drink plenty of fluids following surgery to stay well hydrated.