

Minneapolis Plastic Surgery, LTD

763-545-0443

After hours: If answering service does not pick up call 763-520-4404

AFTER SURGERY INSTRUCTIONS

ABDOMINOPLASTY

- Call your doctor if you notice any progressive swelling, bleeding, or soreness.
- Do not exercise after surgery. However, it is important to be up, moving, and keeping the blood moving in your legs to avoid blood clots.
- Make sure that the abdominal binder is not too tight.
- Take your medications as prescribed. See separate page.
- Gatorade or other drinks with electrolytes in them is recommended. Light meals (soup, crackers, toast, etc.) are also OK.
- You may **sponge** bathe only, until further notice.
- Elevate both the head and the foot of the bed with 2-3 pillows. This will relieve tension on the suture line.
- When it is necessary to get out of bed, walk in a slightly bent over position with your shoulders leaning forward. This will prevent excessive tension on the suture line. Each day walk progressively straighter.
- Empty the drains as necessary and **RECORD** the amount of drainage (see separate page); bring this paper to your return appointment. Always have suction on drainage bulbs.
- DO NOT drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- Move legs in bed. Do dangle legs over edge of bed for a few minutes before getting out of bed to walk; this will help alleviate a light-headed feeling.
- Do not hesitate to call the doctor's office if you have any questions about your recovery.
PHONE: 763-545-0443.