

# **BARRY J. COHEN, M.D., P.C.**

## **Abdominoplasty** **Post Op Discharge Instructions**

**Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398.**

- After surgery you need to be in the reclining position with pillows underneath your knees and back for a week
- You may not lay flat for the first week. This may pull the sutures or tear the incision site.
- When walking you need to walk bent at the waist for 3-5 days
- You may not shower/bathe until the drain is removed by your physician in approximately 5-7 days post op
- You need to empty the drain every time that the drain is half to three quarters full (see drain record sheet)
- You may sponge bathe the day after surgery, but do not get the incision sites wet
- The drain will be removed by a nurse/physician when the drainage is below 30cc in a 24 hour period
- The drainage will be bright red and then over the days will turn to a light pink tinge
- The dressing will consist of steri strips over the incision site and ABD pads over top of the steri strips. There will be yellow gauze around the drain and inside of the belly button. Do not remove the yellow gauze or the steri strips. You will need to remove old ABD pads and replace them with new pads every 12 hours or as needed.
- If the yellow gauze dries up in the belly button you may remove it and apply Neosporin ointment
- You will need to open the Velcro binder to change the pads. When replacing the binder you will need to make sure that your hand fits in between the binder and the skin. This will be the appropriate fit.
- You may wash the binder in cold water and dry it in the dryer on low air settings
- The binder needs to be worn daily for up to 6 weeks except for dressing changes and washing of the garment
- Do not take any medications containing aspirin or Motrin for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) to help prevent dehydration
- A fiber supplement to help decrease the risk of constipation related to usage of pain medications
- It is very important to begin walking around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter place to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing every hour while awake to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

### **PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR**

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.
- Significant bleeding from the surgical site
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**Please contact the surgeon's assistant at 301-656-6398 to make your one week post op follow up.**

You will need to bring with you the drainage record to determine whether or not the drain will be removed.

THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE