

# ABDOMINOPLASTY AFTER SURGERY CARE

- ✓ **You must not drive a vehicle or operate hazardous machinery for 24 hours after your procedure or when taking narcotics.**
- ✓ **You must not drink alcohol or use recreational drugs for 24 hours after your procedure.**
- ✓ **You must have a responsible adult accompany you home and it is strongly advised you are not left alone overnight.**
  
- Get plenty of rest.
- Drink plenty of fluids.
- No lifting greater than 10 lbs. for 6-8 weeks after your surgery.
- Start walking short distances as soon as possible after surgery.
- If you have drains, nursing care will be organized prior to discharge to help care for them. Your drains will be removed when the drainage output is minimal. This can take up to 7 days, but sometimes longer.
- Do not drink alcohol for 1 month after surgery and while taking pain medications.
- Keep your abdominal binder or compression garment on at all times for the first 6-8 weeks.
- Sleep with your head elevated and a pillow under your knees until you are comfortable lying flat on your back.
- Dr. Yazdani and/or his surgical staff will see you one week after surgery to remove any sutures/stitches and guide you on next steps for your recovery.

My Follow-up Date and Time is: \_\_\_\_\_

## **Call the office if the following occur:**

- If you have increasing swelling.
- If you develop redness that persists or worsens after a couple days.
- If you have pain that is worsening or not relieved by medication.
- If you develop a fever or chills.
- If you have yellow, green or white drainage or notice a foul odour.
- If you have tissue that turns dark purple or black.
- If you have bleeding that is not controlled with light pressure.
- If you have any questions or concerns about your conditions.

## **Contact information:**

Dr. Yazdani's office: 519-601-4554 (if during regular business hours).

## **In case of emergency, go directly to your local emergency department:**

- **If you find it hard to breathe or take a deep breath.**
- **If you have pain in your chest.**
- **If you have not urinated or gone pee for 8 hours.**

**Wound Care Instructions:**

- After surgery, you will need to take care of your incision(s) as it heals. Doing so may limit scarring, may help you avoid pain or discomfort, and may help lower the risk of potential post-operative complications such as infection.
- Dr Yazdani will use stitches to close your incision. And you will need to keep the area clean, change the dressing according to our instructions, and watch for signs of infection.
- Take your dressing off the day after surgery.
- You can get into a shower when your drains have been removed. Until then, just sponge bath. It is ok to have clean water run over your incisions.
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- Change your incision wounds daily using Polysporin and dry gauze. Change more frequently if stained or soiled

**Changing a dressing:**

- Before you start, make sure you have all the required supplies (gauze pads, Polysporin, tape and scissors).
- Prepare supplies by opening the gauze packages and cutting to appropriate size if needed.
- Wash and dry your hands.
- Loosen the tape around the old dressing.
- Remove the old dressing.
- Clean the incision if your doctor told you to do so.
- Inspect the incision for signs of infection.
- Pat incision dry and apply Polysporin.
- Hold a clean, sterile gauze pad by the corner and place over the incision.
- Apply tape to the gauze pads to hold in place.
- Put all old dressings in a plastic bag and dispose of in garbage.
- Wash hands.

**Cleaning an Incision:**

- Gently wash it with warm water to remove the crust.
- Do not scrub or soak the wound.
- Do not use rubbing alcohol, hydrogen peroxide, or iodine, which can harm the tissue and slow wound healing.
- Air-dry the incision or pat it dry with a clean, fresh towel before reapplying the dressing.

**In addition to these, you may be given special instructions for taking care of the incision. Be sure to follow those instructions carefully. If you are confused by the instructions or you have a question, please contact our office.**

**Take your next dose of pain medication at:**

You had \_\_\_\_\_ at \_\_\_\_\_. Take next dose at \_\_\_\_\_

You had \_\_\_\_\_ at \_\_\_\_\_. Take next dose at \_\_\_\_\_

It is very important to dispose of leftover medication appropriately. Please return any leftover prescription medications to your pharmacy or bring them to your follow up appointment.

**Drain Care:**

- You may have a drain in place to remove excess drainage from the surgical site.
- You will need to know how to empty this drain yourself (or a support person).

To empty the drain:

- Open the pouring spout of the drainage container.
- Pour the drainage into the measuring container.
- Place the drainage container on a firm surface. Press down on it to flatten. While flattened, close the pouring spout tightly.
- Write the amount of drainage on the chart below.
- If the container will not stay flat, contact your community nurse to check for leaks or kinks.

DATE	AMOUNT	DATE	AMOUNT