

LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

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Post Operative Instructions

Procedure: Abdominoplasty

1. You **must** spend the first evening following your surgery with an adult.
2. Post operative pain should be moderate. Take the prescribed pain medication as directed. Be sure to take the phenergan with the pain medication in order to minimize post operative nausea.
3. If you should have a fever of greater than 101.6, please contact the doctor immediately.
4. You should expect to have some blood stained drainage from the lower abdominal incision site for the first 24 to 48 hours following your surgery. Most of this drainage will be absorbed by the dressings in place.
5. You will have one drain coming out of the surgical site. This must be emptied twice a day and the amount of fluid removed recorded. The drain will be removed 3 to 4 days following surgery. Any skin sutures will also be removed at that time.
6. Please keep the surgical dressing clean and dry. It will be changed at your first post operative visit. If it is saturated with blood reinforce the edges with gauze.
7. You may sponge bathe until your first post operative visit. After your initial dressing is removed, you may shower and gently cleanse the incision with soap and water. A dry dressing can be applied if needed. Please keep incision clean and dry at all times. Do not apply any ointments or creams until we say it is ok.
8. Please do not wear anything binding around your waist or abdomen. **DO NOT USE ANY GARMENTS OR BINDERS OF ANY TYPE UNLESS APPROVED BY THE PRACTICE. The use of the post operative garment which we have approved or purchased for you will begin when we think you are ready.**
9. Bruising and swelling is expected in the areas operated upon. This should resolve over time.
10. Sleep with your head up on three pillows and your body in a gently flexed position at the waist. It is also helpful to place some pillows under your knees to reduce the tension on the incision line.
11. If liposuction was simultaneously performed, please follow the post operative instructions concerning liposuction in addition to those listed above.
12. Your first post operative visit will be on _____
13. Constipation is normal after surgery especially when using narcotic pain medications. Increase your fluid intake, take frequent walks, and a stool softener such as Colace is recommended.
14. Do not use or apply ice or heat to operative area at any time during your recovery period.
15. If you should have any questions or problems please call the office immediately at **631-864-4111, and** the doctor will return your call as soon as possible. **DO NOT USE EMAIL FOR EMERGENCIES.**