Paul A. Lambert, M.D.

1836 W Plaza Drive

Winchester, VA 22601

(540) 722-2280

**ABDOMINOPLASTY**

**POST-OP INSTRUCTIONS:**

* You will have some swelling and bruising post-operatively. The amount is different with every individual.
* You will retain some swelling for several months, especially directly above the incision (which will be the last place for it to resolve).
* Bruising varies and may take several weeks to resolve.
* You can expect numbness in the abdomen and over the incisions that may last for several months. Some numbness may be permanent.

**ACTIVITY:**

* Rest at home for 24 hours. No heavy lifting (greater than 10 lbs.) or no strenuous exercise (aerobics, stretching, vacuuming, laundry, etc.) for 8 weeks. Walking as tolerated is permitted and encouraged.
* Do not lie entirely flat in bed; you must keep the tension off the incision for one to two weeks. Sleep with pillows behind your back or in a recliner.
* You may drive in 14 days, if not taking prescribed pain medication.
* Avoid smoking and being around anyone who is smoking for two months.
* Bathing: you may shower (NO BATHS) following your post-op visit while taking care not to disrupt the drains. Gently cleanse the operative area with soap and water. If you have Steri-Strips on, they may get wet, just pat them dry and leave them on.
* Sexual activity may be resumed with YOU feel comfortable.
* You may return to work within two to six weeks, depending on your recovery and what type of work you do. This will be discussed with you and Dr. Lambert at your post-op visits.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with a SPF of at least #15. Tanning beds should be avoided.

**DRESSINGS:**

* Do not disturb the dressings and keep them dry.
* Dressings will be removed at your post-op visit. If you have Steri-Strips on, leave them on until you come in to have the sutures removed, or until they fall off themselves.
* Empty the drain reservoirs and measure and record the amount every 8 hours. The doctor will determine when they are to be removed depending on how much drainage there is.
* You will be required to wear a garment (either a girdle or an abdominal binder). Wear it 24 hours a day for 6-8 weeks. **You may remove it to shower or bathe.**
* Do not apply heat (heating pad, hot water bottle, etc.) to your abdomen.

**MEDICATIONS:**

* Do not take medicine on an empty stomach, it may cause nausea.
* Take Tylenol or Extra-strength Tylenol for pain. Do not take aspirin or any ibuprofen, unless specified by your doctor.

It is not uncommon to feel melancholy (emotional) after any cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over the appearance of swelling and bruising, and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify our office immediately if you develop: DIFFICULTY BREATHING, SHORTNESS OF BREATH, RAPID HEART RATE, CONFUSION, AN UNUSUAL SKIN RASH (PETECHIAE), FEVER GREATER THAN 100 DEGREES, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICINE AND REST, INCREASED SWELLING OR BLEEDING, NAUSEA OR VOMITING. Call our office at (540) 722-2280 if you should have any problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_