

## Post Operative Instructions for Abdominoplasty

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After surgery, please start with sips of clear liquids and advance as tolerated.

Have your prescriptions filled and bring them with you on the day of surgery.

Take all your antibiotics as prescribed.

Please do not take your pain medication on an empty stomach—this will increase nausea.

Keep your dressing dry and in place for 24 hours. You may remove the dressing and gently wash over the incision site with warm water. (If you have drains in you cannot take a shower until they are removed.) If any area of the incision is draining you can use mini or maxi pads to keep your clothes from being soiled.

Measure amount in each drain every 8–12 hours and write it down. Please bring the paper with you to your appointment.

AVOID using the stairs, doing any housework, exercise or lifting more than 5 lbs.

DO NOT lay flat. Place a pillow under your knees or sleep in a recliner if possible. This will help you be more comfortable.

For constipation you may take a mild over the counter laxative such as Metamucil or Correctol. Be sure to drink plenty of liquids.

If there are any signs of infection (redness, heat, swelling, foul odor or profuse drainage) call the office right away.

The following is a guideline for resuming normal activities:

Housework	6 weeks
Exercise	6 weeks
Driving	2 weeks
Return to work	6 weeks
Lifting restrictions	6 weeks

These are estimates and may change at the doctor's discretion based on the recovery of each person as an individual.

Please call the office as soon as possible to make your follow up appointment.

An appointment is needed 5-7 days following surgery.