



ABDOMINOPLASTY INSTRUCTIONS

Week prior to surgery:

1. Stop medications that may thin the blood as directed.
2. Gather all medications for pre-operative and post-operative needs including antibiotics, pain medications, stool softeners, and Fleets enema.

Evening before your surgery:

1. Use a Fleets Enema the evening prior to surgery to empty your bowels or Magnesium Citrate solution.
2. Shave your lower abdomen and groin area if needed.
3. Shower with an antibacterial soap the evening prior to surgery.

After your Surgery:

1. Take your medication as directed:
 - a. Pain Medication: _____
 - b. Other prescriptions: _____
2. Don't take any aspirin or Vitamin E for the first 5 days after surgery.
3. On Q (pain pump) can be discontinued when reservoir is empty. This may be done at home if instructed.
4. Be sure to drink plenty of fluids.
4. Start with simple foods after surgery, but advance to a high protein diet after a few days.
5. Be wary of constipation, and use your favorite laxative if needed.
6. Sleep on your back with a pillow under your knees. Walk indoors several times daily for short distances. Gradually increase your distance as tolerated.
7. When you are not walking, keep your feet and legs elevated to reduce the swelling. If you are noticing some swelling in your feet and ankles, wear compressive stockings (TEDs, Jobst, or Mediven) to reduce the swelling.
8. Do not remove your compression garment for the first 3 days after surgery. You may remove them to shower after that, but wear your compression garment full-time.
9. Drains placed during surgery are removed 1-2 weeks post procedure. When bathing secure your drains and pain pump by attaching them around your neck with a hanging key ring/lanyard or something similar.



10. You may change your bandages as needed. It is not unusual to have some drainage through your bandages make sure you put your under pads down. Leave your Steri-strips in place. Apply antibiotic ointment around your drains and any incisions not covered by Steri-strips, and apply dry gauze bandages as needed. You may need some tape to hold them in place in addition to your compression garment.
11. If you cut a Y into a 4x4 sponge it fits nicely around your tubing from the drains when changing dressings.
12. Steri-strip your drains, empty and record your drainage several times daily. The nursing staff will review this with you after your surgery. Keep a record of your drainage.
13. No straining, lifting or bending for 2-3 weeks. Avoid strenuous activity, smoking, alcohol or sun exposure for at least six weeks after surgery. Do not participate in active sports for the first six weeks following surgery. You may resume strenuous activity in 1-3 weeks and exercise in 4-6 weeks.
14. You may return to work after your first post-operative visit, providing your duties do not include lifting, pushing, or strenuous activities which cause pain. You may not drive if you are having pain, or if you are taking narcotics.
15. If you have any questions or problems at any time, please call Dr. Westawski.
16. Be sure to report any excessive pain, fever above 100°F, excessive bleeding, excessive nausea or vomiting, shortness of breath, or fast heart rate.
17. If you see what looks to like a burn at any of your tape sites, remove tape and call the office as you could be having a reaction to the tape.
18. Call us to schedule your first appointment for 10 to 12 days after surgery.

What to Expect:

- Swelling and bruising, this may take several weeks to months to resolve.
- Numbness and decreased sensation may persist for several weeks to months.
- Incisions will be red to pink and may remain this way for many months following surgery. It will take 9 months to a year before scars flatten out and lighten up.

Your follow-up appointment is scheduled for: _____

DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS!!

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