

August Plastic Surgery Associates
Dr. Chris Ewart
Abdominoplasty Post-operative Instructions

Activity: For the first 24 hours, rest is absolutely necessary. Put pillows behind your back and under your legs to keep your **waist flexed**. You will need to move about the house to promote circulation, for example, getting up to go to the restroom or kitchen. It will be difficult for you to stand up straight for several days. Warm compresses may be used on your lower back to aid in comfort. It is important to drink plenty of fluids and limit heavy/greasy foods after surgery. You may want to incorporate a stool softener into your daily regimen as surgery and pain medication can slow GI function.

Dressing: There will be drain(s) below your abdomen incision. They will collect fluid that would otherwise accumulate under the skin causing pain and swelling. The drains are connected to your binder. Your only responsibility will be to empty and record your drainage and report to your nurse. You will need to report drainage amounts as a 24-hour total for each drain. Your drain amounts will determine when your first post-op appointment will be made. These drains are connected to a plastic bulb which generates suction. The drainage bulb should be compressed from the sides and capped in order to provide suction correctly. Your dressing will remain in place until removed at your first post-op visit. It is important that the binder remains over the incision site. You may briefly remove the binder to adjust for comfort, keeping in mind that the binder should be snug and worn at all times.

Bathing: You may sponge bathe only as long as the drains remain in. After the initial post-op visit you may shower only, but do not submerge the incision in water. You will need assistance to shampoo your hair for the first several days.

Postoperative Office Visits: Your binder will be removed and incision site assessed by Dr. Ewart at your first post-op visit. Your binder will be reapplied and you will need to wear this for another 4-6 weeks. Your drains will be removed when the amount of fluid decreases and becomes amber in color. Should you have any problems in between visits, please contact the office.

Driving: You can drive once you have stopped all prescription pain medication, feel comfortable in a sitting position, and are able to turn the steering wheel.

Exercise: During your first postoperative week, activity should be kept to a minimum. Refrain from strenuous pushing, pulling, lifting or exercise. Most patients can resume their normal exercise habits in four weeks. Any activity that increases pain should be stopped.

Complications: Please contact us if you have foul smelling drainage, fever > 101° F, chills, or pain that is not responding to medication. Your drains will be

sutured in place to prevent accidental removal, but if one fails to accumulate drainage, please contact us.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.