

Abdominoplasty – Post-Operative Instructions

Rest + Relaxation

- When resting, lie preferably on your back. Place 2 to 3 pillows under your knees and an extra pillow under your head when sleeping on your back. It is okay to lie on your side. Tuck both of your legs up when lying on your side. While awake, take 5 big deep breaths every hour while awake for 1 week.
- When coughing or sneezing open your mouth and place our hands on your abdomen. Gently push on your abdomen to protect your muscle repair/incision closure.
- Make sure you walk as much as possible and lean slightly forward at your waist to decrease tension on your abdominal closure.
- After 2 weeks you can begin to stand straight.
- Do not lift more than 10 lbs or perform abdominal exercises for more than 6 weeks if you have had your rectus muscles tightened.

Washing

- You can gently wash your abdominal area with a clean wet towel (sponge bath), but don't immerse your surgical sites in water until 24 hours after the drains have been removed.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Do not shower until 3 days after your surgery.
- Do not soak surgical sites.
- No baths, pools, hot tubs, or lake water for 6 weeks.

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.

Abdominal Care

- Remove loose dressings 48-72 hours after surgery.
- Leave steri-strips in place for 7-10 days.
- Apply Polysporin to your incision lines 2x a day once steri-strips are removed.
- Wear your compressive surgical binder for 6 weeks as instructed. Wear it for 20 to 24 hours for the first 4 weeks, then for 12 to 24 hours thereafter.
- **Loosen/adjust it periodically to avoid pressure points!**
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10-15 minutes with a clean towel.
- When removing your compression garment do so while lying down/sitting to avoid feeling faint.
- It is ok to wear a tank-top under the garment. Make sure the drains are not tangled under the garment.

Three Weeks After Surgery

- Begin to massage your incisions with body lotion, or scar cream. Do not use 100% vitamin E. If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Drain Care

- If drains have been placed, please contact our office to arrange for drain removal when the output is less than 30ml/24 hrs.
- When drains are removed a small amount of yellow/pink/ blood tinged fluid may ooze out of drain site for up to 3 days (that is normal).
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a Band-Aid.
- The drain site will close in 3 to 7 days.
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal. Get into the shower and gently push on your abdomen to encourage the fluid to drain out.

Follow Up Care

- Dr. McInnes will let you know which location to visit for your in-office follow up appointments. Please call the office to confirm the time (604-515-8847). Dr. McInnes may call you the evening of surgery to see how you're doing, please try to answer your phone (even if it's from "unknown caller").

After Surgery Care

- For general inquiries/questions email office@doctorm.ca or call the office.

Weekday Care (8 am to 5 pm)

- If there is a concern about your surgery or your healing please call the office.

Weekend and After Hour Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

Contact

- Office phone: 604-515-8847
- Office address: 307 – 233 Nelson's Crescent, New Westminster, BC.