

Plastic Surgery of Texas

Ben J. Tittle, M.D.

Post-operative Instructions for Abdominoplasty

The following list is a guideline of instructions for post operative care. We will go over all of these at your pre-operative visit, and any special instructions you may need as each patient and surgery is unique. Please, always ask if you have any questions.

1. Make sure that you eat something before taking any of your medications to avoid an upset stomach. You may also want to take some stool softeners as the anesthesia and pain medication can cause constipation.
2. You will be unable to stand upright for the first few days. When sleeping place pillows under your knees or sleep on your side.
3. You will have an abdominal binder to wear post operatively for several weeks. We recommend that you wear a t-shirt and place the binder over the shirt to protect your skin from the binder.
4. You will have two drains that will need to stay compressed. We will give you detailed instructions on drain care in the office, but we ask that you record the drain output on a piece of paper and bring this with you to your follow-up appointment. You will also have a pain pump that will deliver local anesthetic along your incision. This will be removed at you follow up visit as well.
5. You may shower 48 hours after your surgery. We ask that you have someone else home when you shower incase you need help. Make sure that you do not have the water too hot, as this can sometimes cause lightheadedness. The incisions can get wet, but we ask that you do not submerge them in a bath.
6. Your incision will be sutured on the inside with dissolving sutures and the skin will be closed with clear glue called Dermabond. Please do not use any ointment or anything on the incision. The glue will begin to come off 1-3 weeks post-op. You will have sutures around your navel and those will be removed in the office.
7. You will have swelling that will persist for several weeks, but will continue to get better gradually.
8. We ask that you refrain from any exercise or work-out regimen for 2 weeks. You can walk around and do activities of daily living, but please do not do any thing that will raise you heart rate for an extended period of time. You will be able to resume exercise after the 2 week post-op period is over, listen to your body and start out slowly with a gradual increase back to your normal regimen.
9. You will have multiple follow-up office visits. These are so that Dr. Tittle can monitor your progress and so that you will be able to ask any questions you may have through out the recovery process. If you ever have any concerns or questions please call the office we are happy to assist you in any way.