



**343**

PRESTON STREET  
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[www.theottawaclinic.com](http://www.theottawaclinic.com)

## Abdominoplasty

### Post Op Instructions:

#### **Hospital Stay:**

Some patients are discharged home the same day as their surgery.

Some patients stay overnight and may have a bladder catheter in place. If you do stay overnight, you will be discharged early the next morning. Your catheter will be removed by a nurse.

#### **Nutricosmetics:**

GliSODin Advanced Pre & Post Formula is a nutricosmetic designed to prepare the body for cosmetic procedures, enhance recovery time, and address all levels of wound healing. Some of the expected benefits are: helping support connective tissue formation, maintaining immune function, minimizing bruising and swelling, aiding in wound healing, helping maintain healthy skin, and maintaining good health through its powerful antioxidant properties.

Take one sachet of powder and one sachet of capsules daily for 7 days before the procedure and for 7 days post-treatment. Once completed, ask us about GliSODin Skin Brightening Formula.

#### **The Garment:**

You have been provided with a garment to hold your dressings and support your surgery in the optimal position. Wear it every day; use it to sleep at night for the first 6 weeks. It should be tight enough to feel supportive. It should not restrict your breathing. The abdominal binders should support across your abdomen extending down just below your hip bones and upper part of your buttocks.

The garment can be quite stiff. Many people find that a light T-Shirt or Tank Top worn next to the skin with the garment overtop is much more comfortable



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### **Drains:**

Drains may have been placed to prevent fluid from collecting under the skin. Fluid will range in colour from Purple/Red to Pink/Yellow. Your nurse will instruct you on how to empty the drains and record the volume. The drains will be removed when daily total volume is less than 20-30cc for two consecutive days (usually between 5 – 10 days after your surgery).

After your drains are removed, you may notice Pink/Yellow fluid leaking from the drain holes or incisions. Contact our office if this does not slow after 2 more days,

### **Incisions:**

Keep your incisions dry and covered until your first post op visit. You may change the outer gauze if it gets soiled (sanitary napkins or disposable lactation pads are good for this). Keep the tape intact.

Replace the garment.

You may sponge bath at any time but keep the incisions and drain sites dry.

### **AFTER THE DRAINS ARE REMOVED (and daily thereafter)**

- 1) Remove the outer padding and gauze (yellow or red drainage on the dressing is normal).
  - 2) Shower normally, then pat the incision dry. Apply Polysporin or Vaseline to any scabbed areas. Some areas of localised scabbing may last as long as 2 weeks
  - 3) If there is drainage cover your incisions with gauze, sanitary napkin or disposable lactation pad. Put your post-op garment back on.
  - 4) Your sutures dissolve on their own.
- Do not swim in lakes, pools or use hot tubs for at least 2 weeks  
We will advise you regarding your Scar Recovery Gel after your follow up visit.



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**Pain:**

Moderate.

Well controlled with Tylenol, Ibuprofen or your prescription.

If you have worsening pain not controlled by your medication, contact our office for instructions.

**Swelling and Bruising:**

Will peak in 2-3 days, reducing significantly over the first 2 weeks. Your skin will be slightly tight during this time.

**Activities:**

Be up and moving around the house on the day of your discharge. Get plenty of rest but take your meals at your usual table, walk to the bathroom etc. In the days that follow, go for frequent short walks around the house.

Do not stand fully straight until instructed to do so. Do not exercise your abdomen or trunk or go jogging for 6 weeks. Your surgeon may advise you on other specific restrictions based on your case.

**Back to work:**

2-4 weeks depending on your occupation and type of physical exertion required.

**Driving-** You must be pain free and off all pain medication. Take a licensed adult with you for your first short trip.

**The Result:**

Your abdominal skin will settle and soften over 3 months.

Your incision will fade and soften over the next 18 months.

We will advise you on how best to use your Scar Recovery Gel at your first post op visit



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**Call Our Office with –**

***Signs of Infection:***

- Pus-like drainage from the incision, grey or green.
- Redness that spreads beyond the incision.
- New pain, getting worse after 3 or 4 days.
- Fever, chills, sweats, aches and pains (Flu-like symptoms).

***Signs of blood collection:***

- Rapid abdominal swelling and firmness.

***Pain in your calves***

***Pain with breathing and/or shortness of breath***

***Inability to pass gas, uncontrolled nausea and vomiting***

***Questions not addressed by this handout***

**Special Instructions:**

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**Post Op Call –**

The nurse assigned to your care will call you the day after your surgery to check in. Please let her know of any questions or concerns.

**Schedule Your Follow Up Appointment –**

Your appointment has been scheduled for \_\_\_\_\_.

Please call us at 613-729-1616 to confirm this appointment. You may also contact us with any concerns.

**For after hours emergencies -**

Call the Queensway Carleton Hospital at 613 721 2000 and the On-Call Plastic Surgeon will be paged.