

Abdominoplasty

Post Op Instructions:

Hospital Stay:

Some patients are discharged home the same day as their surgery. Some patients may be required to stay overnight and may have a bladder catheter in place. If you do stay overnight, you will be discharged early the next morning and your catheter will be removed by a nurse.

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 shirt or tank top worn next to the skin with the garment overtop is much more comfortable.

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 at home. 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. Keep the tape intact and 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):

- Remove the outer padding and gauze (yellow or red drainage on the dressing is normal).
- Shower normally, then pat the incision dry. Apply Polysporin or Vaseline to any scabbed areas. Some areas of localized scabbing may last up to 2 weeks.
- If there is drainage cover your incisions with gauze and put your post-op garment back on.

- Your sutures should dissolve on their own.

- *Do not swim in lakes, pools or use hot tubs for at least 2 weeks following surgery.*

Pain:

Take pain medication as directed:

- Tylenol
- Ibuprofen
- Celecoxib (Celebrex)
- Prescription Medication: _____

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

Swelling and Bruising:

Swelling and bruising will peak 2-3 days following surgery. This should reduce significantly over the first 2 weeks. Your skin will feel slightly tight during this time.

Activities:

- After surgery, it is important for you to rest. It is equally important that you move your body to ensure you do not get blood clots. Please ensure you get up to go to the washroom, eat your meals etc. In the days that follow, go for frequent short walks around the house to keep your body moving and avoid blood clots.
- 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.

Work: You will likely be ready to return to work within 2-4 weeks depending on your occupation and type of physical exertion required.

Driving: You must be pain free and off all pain medication before driving. 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. Surgical swelling will settle in 3 months and the final chest contour will become apparent. Your incision will fade and soften over the next 18 months.

If you have any of the following, call our office (during business hours), your GP or present to the Emergency Department:

- ***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:

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.

For After-Hours Emergencies:

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

Follow Up Appointment:

Your Patient Care Coordinator will call you to confirm your appointment.

Please call us at 613-232-7777 if you have any questions or concerns.

Your appointment has been scheduled for: _____.