

SURGICAL INSTRUCTIONS FOR ABDOMINOPLASTY

PRE-OPERATIVE

Take 2 dulcolax laxative tablets one time at lunch 3 days prior to surgery.

Begin low-bulk diet (no bran cereals, whole grains, leafy vegetables, or steak 2 days prior to surgery.)

Full liquid diet beginning at noon the day before surgery. Continue liquids up until bedtime the night before surgery.

Please bring a swimsuit or briefs with you on the day of surgery so that the doctor can design your incisions to be covered.

POST-OPERATIVE

You will be admitted for an overnight stay in the hospital. Some patients require a second night before going home. This is to help control your pain and any nausea you might experience.

You will have an abdominal binder in place over your incisions. This will hold your dressing in place.

You will have 2 drains in place, which will be removed 4-7 days post-operatively. You will need to empty and record drainage amounts.

You will have a catheter in your bladder for the first night after surgery.

You will be sent home on pain medications and antibiotics. Taking these with food will help avoid any stomach discomfort.

Walk bent over for 3 days, then slowly resume upright posture over the next several days.

Clean your belly button once daily with hydrogen peroxide on a Q-tip and then apply Bacitracin ointment.

Advance your diet slowly and drink plenty of non carbonated fluids.

Do not strain with any bowel movements. Take stool softener as prescribed.