

DR. WENIGER'S ABDOMINOPLASTY/BODYLIFT POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the two major problems to watch for are hematoma (a collection of blood under the skin) and infection. Any significant increase in swelling of the abdomen, firmness, severe bruising, or increased pain not controlled by medication can be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, or drainage can be signs of infection. These should be reported to our office immediately.

NOTE: There will be some expected bruising, pain, and swelling the first 48 hours after surgery. If liposuction was also done, there will be a moderate-large amount of blood-tinged drainage that is expected for 3 days. **It is recommended to place a protective cover over any beds or chairs that you may sit or lay on so you do not ruin them with the drainage.**

DO:

- Sponge bathe only for the first 72 hours (keep incisions dry). After 72 hours you will be able to remove your binder/garment and shower. Shower gently and pat dry.
- Always leave binder/garment on at all times except to shower. You may wash and dry binder/garment and then put it on again immediately.
- Leave steri-strips (adhesive tape over incision) in place. These will be removed in office ~3 weeks.
- Record drain output. If more than one drain, record separately and total amounts for each day. Bring record to office visits. Let drain(s) dangle to floor while in shower.
- Take your muscle relaxant (Robaxin/methocarbamol) at breakfast, lunch, dinner, and bedtime (or every 6 hours).
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain medicine runs out or if too strong. Ibuprofen can be used one week after surgery.
- Eat as tolerated. Start with something light and then advance diet slowly. Eat plenty of protein, avoid salt, and limit water intake.
- Walk every three hours while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around house, etc.). Walk OUTSIDE daily beginning the day after surgery.

DO NOT:

- Drive until instructed to do so by Dr. Weniger (no patient may drive while on narcotics or if very sore).
- Restart blood thinners (including ibuprofen, Advil, Aleve) for one week after surgery.
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may stimulate bleeding). Do not hang from anything.
- Submerge in any form of water for at least 3 weeks.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.
- Try to force yourself to stand up straight. It is normal to feel bent-over.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123