

DR. WENIGER'S ABDOMINOPLASTY with BRAZILIAN BUTTLIFT POSTOPERATIVE INSTRUCTIONS

NO PRESSURE TO THE BUTTOCKS!!!

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 or buttocks, 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 small 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 and keep garment on). After 72 hours you will be able to remove the garment and shower. Shower gently and pat dry.
- After first shower you may wash and dry garment and then put it on again immediately and keep on at all times.
- Leave steri-strips (adhesive tapes over incision) in place. These will fall off naturally in ~3 weeks.
- Strip and record drain outputs. If more than one drain, record separately and total amounts for each day. Bring record to office visits. Let drains dangle to floor while in shower.
- Take your muscle relaxant (Robaxin/methocarbamol) at breakfast, lunch, dinner, and bedtime (or every 6 hours).
- Take your antibiotic as prescribed until it is gone.
- 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.
- Advil/ibuprofen can be used starting 1 week after surgery. Do not use Advil, ibuprofen, or aspirin products before then.
- 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:

- APPLY DIRECT PRESSURE TO THE BUTTOCKS (can use a pillow under the thighs to prevent pressure to the buttocks) even when laying down. You will need to lay on your back due to the abdominoplasty.
- Drive until instructed to do so by Dr. Weniger (not while on narcotics or if very sore).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (can stimulate bleeding).
- 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