

Dr. Christopher D. Taylor, M.D., Inc

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Plastic Surgery

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ABDOMINOPLASTY - ABDOMINAL LIPOSUCTION POST- OPERATIVE INSTRUCTIONS

- Rest and avoid vigorous physical activity for the first week and this will significantly reduce bruising.
- It is beneficial to stay mobile and take leisurely walks once you are comfortable.
- Applying ice to the area of surgery, as much as possible, for the first 48 hours may reduce your swelling and discomfort. You can use an icepack, wet facecloth placed in the freezer, or a bag of frozen peas/corn.
- You should drink lots water, (no citric juice or diet soft drinks) for the first several days following surgery.
- If you are not urinating as much as normal, increase the amount of fluid you are drinking. If after this you continue to urinate less than normal, call Dr. Taylor.
- You may be placed in a liposuction compression garment following your surgery. If so, this is to be worn continuously for three weeks. Once you are comfortable, you can remove the garment in order to shower. You may use soap for washing. You may wash the compression garment as necessary.
- You will have dissolving stitches. An outer gauze dressing will be applied and beneath this there will be Steristrips (tapes). You may remove the outer dressing at 48 hours and then begin showering. Allow the Steristrips to peel off gradually; it is best if they stay in place for at least two weeks.
- You may have drains in place. The recovery room nurse will show you how to empty these and keep track of the drainage. Dr. Taylor will give you instructions as to when these should be removed.
- You will notice the skin in the area of your abdominoplasty- liposuction feels odd. Once you are comfortable, begin to firmly massage the surgical area for five minutes three times daily. Continue for several weeks until the swelling settles and sensation returns to normal.
- You may have undergone rectus plication in which the abdominal muscles are tightened. Check with Dr. Taylor whether this has been done. If you have had plication, you should avoid heavy lifting for a period of six weeks and continue to wear the abdominal garment for six weeks.
- If you are going to be in the sun, regular use of sunscreen is recommended for several weeks postoperatively. Examples are **RV Paque by ICN (semiopaque)** or a sunscreen with **SPF 30 (Presun 30 or Ombrelle Extreme 30)**
- Do not use Vitamin E cream for the first six weeks as this may widen your scars.
- There is some evidence that your scars may be improved by taping them continuously for about three months. Use 3M Micropore 1 inch paper tape, apply it along the length of the scar. It can be worn night and day, changing it as necessary. Another option is use of silicone sheeting such as CicaCare which may be even more effective
- Call Dr. Taylor if any of the following occur:
 - Increased pain, swelling or redness
 - Fever/chills
 - Foul odour and/or increased drainage from incisions
 - Shortness of breath or calf pain
- You did receive medicine for sedation therefore, you **MUST NOT** operate motor vehicles, boats, power tools or machinery for the first 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

PRESCRIPTIONS :

- Empracet _____. Take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine
- If you can tolerate it please take ibuprofen (Advil) 400mg four times per day.
- Taking regular Tylenol 1000mg four times per day will reduce the amount of narcotic and the side effects related to this, if you are also taking Empracet take one less Tylenol for each Empracet you take to keep the total daily dose below 4000mg of Tylenol per day.
- Antibiotics _____
- Other medicines _____

SPECIAL INSTRUCTIONS :

FOLLOW- UP APPT : _____