

Dr. Christopher D. Taylor, M.D., Inc
F . R . C . S . { C }

Plastic Surgery

#301, 1625 Oak Bay Avenue
Victoria, B.C., V8R 1B1

www.plasticsurgeryvictoria.ca

Telephone: 595-6009
Fax: 595-4077

ABDOMINOPLASTY POST- OPERATIVE INSTRUCTIONS

Pre-operatively:

You will have a general anaesthetic for your surgery.

You may have a cup of clear fluids up until 6 hours before your surgery but no solids after midnight.

Plan to have some home assistance for the first week and you **must** have a responsible adult with you for the first 24 hours following surgery.

An abdominal binder will be provided to you after surgery.

Purchases required preoperatively:

3x3 or 4x4 gauze from your pharmacy; Hydrogen Peroxide; Polysporin ointment; Q-tips; Tylenol Extra Strength; Ibuprofen 400mg (Advil or Motrin).

Post-operatively:

- Rest periodically and avoid **vigorous** physical activity for the first week and this will significantly reduce bruising.
- It is beneficial to stay moderately mobile and take leisurely walks once you are comfortable.
- You should drink lots of 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 will have dissolving stitches. An outer gauze dressing will be applied and beneath this there will be Steristrips (tape). You may remove the outer dressing at 48 hours if desired. Allow the Steristrips to peel off gradually; it is best if they stay in place for at least two weeks. If the steristrips fall off within the first seven days replace them with 3M Micropore 1 inch paper tape.
- You will most likely have drains in place. The recovery room nurse will show you how to empty these and keep track of the drainage. These will be removed in Dr. Taylor's office three to seven days following surgery, typically once each drain is less than 30cc/24hours. Each drain may be removed at a different time. Each person is individual as to the amount of drainage that will occur. This is why there is such a variance in removal time.
- You will notice the skin in the area of your abdominoplasty feels odd. Once you are comfortable and the incisions have completely healed, 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 did/did not have rectus plication, in which the abdominal muscles are tightened. 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 have not have plication done, wear the abdominal garment for at least two weeks.
- You may wash your abdominal garment after the first three days, as needed. Do this when you are resting (have someone do it for you). DO NOT get up without wearing the binder, except briefly if you need to use the bathroom.
- 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. Once the steristrips are off and the incision completely healed, 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.
- You will be visited in your home by my nurse, the day of your surgery as well as the day following surgery.

PRESCRIPTIONS:

- A prescription for pain control will be provided by Dr. Taylor on the day of surgery. Avoid driving or taking alcohol while using this medicine.
- If you can tolerate it, begin taking Ibuprofen (Advil) 400mg three times per day, **starting the day following surgery.**
- Taking plain Tylenol 1000mg (2 Extra Strength tablets) four times per day will reduce the amount of narcotic you require and the side effects related to narcotic use. Keep the total daily dose of Tylenol below 4000mg per day.
- Antibiotics _____
- Other medicines _____

SPECIAL INSTRUCTIONS:

FOLLOW- UP APPT: _____