

## **DISCHARGE INSTRUCTIONS AFTER AN ABDOMINOPLASTY**

- You may shower after I remove your dressing in the office. The stitches can get wet; just pat them dry. Do not soak in a tub for six weeks or until you are completely healed.
- You can do upper body exercises or walking any time that you feel up to it, and I strongly encourage you to walk every day. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner. You should not do any kind of sit-ups for eight weeks after surgery to make sure that the healing is complete, and NO strenuous exercise for two weeks after surgery, or you may bleed.
- You will be taking a blood thinner to prevent a clot in your legs. This will be from 5 to 10 days, depending on your risk. Dr. Blanchet will discuss it with you.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating, and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- You will wear your compression garment for about one month after surgery, and it should be worn at night as well. This helps with the swelling and discomfort and prevents bleeding the 1<sup>st</sup> week. After 10 days you may wear it for comfort as needed.
- After surgery, you may initially feel as if you can't stand up straight. This is a response to the tightness of the closure and is completely normal, but please try to stand as straight as you can as soon as you can to avoid muscle spasms in your back. Doing "snow angels" against a wall will help you. (See video on my website).
- Please avoid ASPIRIN, IBUPROFEN, or any of the medications listed on your pre-op sheet for two weeks after your surgery as this will increase your risk of bruising and poor healing.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- **If you have Steri-strips, please leave these on until they are dangling by a thread. Please buy Silicone Scar Tape from Amazon.com when the Steri-strips fall off and replace it with the Scar Tape.**
- You may find when you get home that you will have gained weight and feel bloated after surgery. This is simply from IV fluid and will resolve in about two weeks.
- For 1 to 2 months post-op, it is normal for the abdomen to be puffed and swollen.

- Please don't apply any creams or lotions on your incisions until advised by the doctor.
- Please avoid using a heating pad near the incision, as blistering may occur.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.

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PATIENT'S SIGNATURE

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DATE

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CAREGIVER'S SIGNATURE

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DATE