



**POST OPERATIVE INSTRUCTIONS -- ABDOMINOPLASTY**

**PAIN MEDICATION**

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember not to take additional Tylenol on top of the prescribed pain pills.
- Don't wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

**PAIN PUMP**

- You may have a pain pump that drips local anesthetic directly into your incision. The pump works on its own. It should be empty after about 48 hours. Once it is empty you can simply pull it out by removing the clear bandage and pulling out the catheter.
- It is completely normal for the catheter to have some blood-tinged color to it.
- It is also normal for some of the numbing medicine to leak underneath the clear bandage. You may feel like the pain pump is leaking or dripping; this is expected and you may put a piece of gauze or a maxi-pad by the incision to catch the excess fluid.

**DRAINS**

- Drains should be emptied and measured twice a day (or more often if they fill up quickly).
- They should also be stripped or milked twice a day. Make sure the nurse shows you how to do this before you go home.
- You may have a clear dressing over the drains. Keep it as dry as possible. If the dressing comes off, wash around the drain sites daily with soap and water.
- The drains are removed when each drain is collecting less than 30 cc in a 24 hour period. Use the drain record attached to help you record the output amounts.
- Call the office to schedule removal of the drains.

**DRESSINGS**

- *Do not* remove the steri-strips or paper tape that is directly on the incisions. Dry them after you shower.
- Any other dressings can usually be removed the day after surgery.
- Any incisions that are not covered by tape or steri-strips (e.g. the belly button) should be kept moist with antibiotic ointment applied several times a day.
- If you came out of surgery with a girdle or compression garment on, wear it at all times (except in the shower) for 2 weeks.

**SHOWERING**

- You may shower the day after surgery, even if you have drains.
- Do not take a bath until instructed otherwise.
- The drains can get wet in the shower as described above.
- Place a wash cloth around your neck and pin the drains (with safety pins) to each side of the cloth so that the drains are not hanging from your skin.

#### **ACTIVITY**

- Stay as active as possible. Walking, climbing stairs, and moving around helps the circulation and significantly reduces the risk of developing a blood clot.
- Avoid lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
- Do not exercise until instructed otherwise.
- You may drive once you are no longer taking pain medication.
- It is normal to be hunched over when walking. This will last several weeks.

#### **EATING**

- It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.
- If you are nauseated stay hydrated by drinking water or clear liquids.
- Start with liquids, and progress slowly to solid foods. Begin with bland low fat foods such as crackers or toast.

#### **SLEEPING**

- Avoid sleeping on your stomach until all soreness has subsided.
- Sleeping in a reclining chair or on your back with 2-3 pillows under your knees may be most comfortable.
- Sleeping on your side is also acceptable.

#### **COMPLICATIONS**

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30 pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

#### **Call immediately if you experience any of the following:**

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.

#### **FOLLOW-UP VISIT**

**Call the office the day after surgery at (805)777-3877 to schedule your follow-up appointment in \_\_\_\_\_ days for removal of the drains.**