



Boris Mordkovich, M.D.

Plastic Surgery ♦ Cosmetic ♦ Reconstructive ♦ Hand & Microsurgery

Phone (201)751-9490 Fax (201)751-9491

Website: www.crosshudsonmd.com **E-mail:** info@crosshudsonmd.com

POST-OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY **COMMON INSTRUCTIONS AFTER SURGERY:**

- A responsible adult must provide transportation for you after surgery (public transportation is not permissible). He/she must stay with you overnight and after surgery until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours.
- Do not drive for approximately 10-12 days and while you are taking pain medication.
- Record the drain output twice daily. Notify the doctor when the drain output is less than 30cc per day.
- Avoid any activities that cause pain or discomfort. Limit your activities for the first 24 hours after surgery. Walk for short distances during the first 24 hours after surgery. You may not be able to stand straight up for the first week. This is normal. By the second week you will gradually notice that you are able to stand more upright. Keep your hips flexed while in bed for the first week or so to prevent excess tension at the surgical site.
- Sleep with bed flexed or two under back and 2 pillows under legs. Pump legs while lying down to prevent blood clots.
- Resume activities slowly. You may feel tired for the first few days. Avoid heavy lifting, bending and straining for 4-6 weeks. You may resume all activity after six weeks.
- Take all medications as instructed. Antibiotics should be taken for 7 days or until the drains are removed. Pain medication take as needed. No driving, or operating equipment while taking pain medication.
- Swelling and bruising are normal. It is expected to take between 3-6 months to see your final results.

- Drink plenty of fluids (8-10 glasses/day) for the first couple of weeks after surgery as this will help you to remain well hydrated and reduce swelling.
- If you have not urinated after 6 hours of being home from surgery, please contact our office.
- After surgery it is common that you will have a drain at the surgical site. Drains help to remove excess fluid from the abdomen. The amount of drainage will determine how long the drain will be left in place. Follow the separate instruction sheet on drains that will accompany your paperwork post operatively.
- You may change the absorbent gauze pads that are placed at the surgical site as needed to help keep the incision clean and dry.
- A surgical garment will be applied immediately after surgery. This is to be worn continuously for the first week. After one week, you may remove the garment to shower. After showering, the garment must be placed back on and worn for six weeks. While showering (no bathing) after 48 hours; allow water to run down do not rub or remove surgical tapes.
- You will notice some surgical tapes placed over your incision. If they get wet from showering, you may help them to dry by using a blow dryer (cool setting). Leave tapes in place as they will fall off on their own.
- Do not put anything on the scar until four weeks after surgery. Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with SPF 20 or greater to help decrease the visibility of the scar.
- Follow-up visits should be scheduled following surgery, please call the office to make an appointment. All sutures dissolve within 3-4 weeks after surgery.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from an incision site.
- Persistent nausea and/or vomiting.

Any other concerns. Office Telephone: #:201-751-9490

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Patient Name (print): _____ MD: _____