



## **POST-OPERATIVE INSTRUCTIONS**

### **ABDOMINOPLASTY**

1. Please take prescription medications as written and directed. Do not take aspirin or aspirin type products (anti-inflammatory medication) for at least one week following surgery. Tylenol is allowed. Occasionally, a mild laxative may be beneficial.
2. If nausea and/or vomiting occur, decrease the amount of pain medication if tolerated and see if that makes a difference. Taking gravol orally or rectally may also be helpful.
3. Once at home, commence with clear fluids, increase to full fluids and to your regular diet, as tolerated.
4. Expect post-operative discomfort therefore limit your degree of excessive activity for the first 12 hours following surgery. Mobilization is strongly encouraged the day following surgery. You might want to walk in a hunched over position for the first 48 hours in order to limit the strain on your abdominal muscles. After this time period straightening up is important in order not to put extra pressure on your back.
5. The Post operative incidence of DVT associated with leg swelling and/or pulmonary embolus associated with shortness of breath should be treated immediately by going to the nearest hospital.  
Reduction in the incidence of this problem can be achieved by you, the patient by:
  - 1) Stopping any hormonal therapy including the use of birth control pills one month prior to surgery.
  - 2) The elimination of smoking as reviewed in the consultation process
  - 3) Early and continuous ambulation in the post operative period is critical as lying around increases the risk of blood
  - 4) Continued use of the leg compression garments for a week following surgery
  - 5) The use of medications as prescribed
6. When in bed, it is best to have the bed flexed at a 45 degree angle and placing a pillow behind your head. In addition, pillows should be placed under your knees in order to help limit the stress of your abdominal muscles. This night time bed position should be maintained for the first 48 hours.
7. Do not operate a vehicle or drink alcohol while taking antibiotics or pain medication.
8. Under no circumstance should you stress or strain your abdominal muscles until directed otherwise.
9. If you experience excessive abdominal pain, swelling or discomfort in your legs, chest discomfort or shortness of breath, please contact Dr. Van Wyck immediately at the office 613.722.7912, or after hours, 613.862.8686.
10. Empty the drains as directed. Instructions will be given by the recovery room nurse prior to discharge.



**DR LLOYD VAN WYCK MD, FRCSC**  
COSMETIC PLASTIC SURGEON

11. Leave all dressings in place, including abdominal binder, until your first post-operative visit. No showers or baths can be taken until drains have been removed and instructions given.
12. Do not take showers or baths until the drains have been removed at your first post-operative visit.
13. Please confirm your follow-up visit date with Dr. Van Wyck's office.

