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Post-Operative Instructions for Abdominoplasty

You should sit and sleep upright with your knees bent. This can be accomplished in a reclining chair or by placing pillows behind your back and under your knees.

The garment should be worn 23 hours a day for 30 days. You may take the garment off during showers and wash it. Additional garments are available for purchase should you need one. If the On Q Medication Pump is used do not use the garment until the pump is removed.

You may shower 24 hours after surgery. The surgical area can be washed gently with soap and water. Please pat the area, do not rub. Place a string or ribbon through the loops on the drains and wear them like a necklace during the shower. No bath tubs, hot tubs, saunas, or swimming for 6 weeks.

Two drains will be placed to remove any fluid that may accumulate under the skin. These drains should be emptied into a measuring cup and record the amount of fluid removed and the time. The total fluid removed for a 24 hour period of time is necessary to determine when the drain is removed. Setting up a schedule, for example, 8am and 8pm to empty the drains will make it easy to determine the amount for 24 hours.

How to empty the drains:

1. Wash your hands
2. Open drain plug on bulb
3. Drain fluid bulb into container. Make note of the amount of drainage the date and time it was emptied. Discard of drainage. Do not touch bulb drain site with the fingers or container.
4. Before reinserting the plug, squeeze the bulb to re-establish suction.

Important things to remember: If the bulb does not stay compressed, call your doctor. Observe the area of of insertion for redness, drainage from the insertion site. If the suture holding the drain in place comes out, if you develop a fever, vomiting, diarrhea, or a rundown feeling call our clinic IMMEDIATELY. Drainage usually goes from a deep red to a lighter shade, and then eventually clear yellow/tan.

Contact Dr Kopchinski should you experience significant increase in pain, distention of abdomen, increasing redness that involves the abdomen not at the incision sites, and separation of the incision.