



## ABDOMINOPLASTY

### PRE-OPERATIVE INSTRUCTIONS

- ❖ You will need to purchase compression garments before surgery, and bring them with you on the day of surgery. Information on purchasing these garments will be given to you at your pre-operative appointment.
- ❖ An abdominoplasty will restrict certain activities such as climbing stairs, heavy lifting and exercise. You will need to make appropriate accommodations for childcare and work.
- ❖ Shave the pubic area two days before surgery.

### POST-OPERATIVE INSTRUCTIONS

- ❖ After an abdominoplasty, you will be wearing the zippered compression garment. For the first few days, the zippered garment will be worn at all times (including showering). After the first few days, you can remove the zippered garment for showering and laundering, but you will continue to wear it at all other times for 2 weeks. Then, you will switch to the non-zippered garment and wear it during the waking hours for the next 4 weeks.
- ❖ Sleep flexed at the hips (pillow under your knees), with the head of your bed elevated (1-2 pillows) for at least 1 week after surgery.
- ❖ You may shower the day after surgery (with dressings removed and your garment on). Do not take tub baths for the first 3 weeks after surgery.
- ❖ A drain is used to collect fluids, and is typically needed for 3-7 days.
- ❖ Because of the tension at the suture line, it may not be possible to stand up completely straight for the first week or so, and this may cause some aching in the back.
- ❖ Swelling and numbness of the abdomen are normal. It takes six weeks or so for most of the swelling to resolve. Numbness can last up to a year.
- ❖ Refrain from driving a car for at least 1 week because of your limited lower body movement.
- ❖ Refrain from strenuous activity for 4-6 weeks. After this, you can gradually increase your level of activity as tolerated.