



ABDOMINOPLASTY INSTRUCTIONS

1. After you wake up, you will be in the recovery room for several hours until you are awake and able to tolerate liquids. You will need someone available to take you home that evening.
2. It is helpful to wear full cotton underpants on the day of surgery. You will have two drains in the lower abdomen after surgery. You will be shown how to empty the drains and record output prior to leaving the hospital. Please bring your record of your drain output with you to the office at your first postoperative appointment.
3. At the completion of surgery, an abdominal binder with gauze dressing will be applied. You may remove the gauze dressing and shower two days after surgery. Wrap the drains with Saran wrap to keep water from entering them while showering. Leave the tape on your incisions undisturbed and pat it dry. Please replace the abdominal binder after showering and wear it continuously until you are seen in the office again, one week after surgery.
4. You will be seen in the office one week after surgery. At that time, your drains will be removed and you will be placed into a compression garment. The garment should be worn at all times for 2-3 weeks after surgery, and then during exercise for another 2-3 weeks.
5. Heavy physical activity and exercise, including sexual relations, should be avoided for three weeks after surgery. Avoid heavy lifting for six weeks. Do not drive if you are still taking pain medication.
6. You will be given a prescription for pain medication and antibiotics to take after the operation. Please use only as directed.
7. Please call the office if you have any questions or concerns: 212-452-1230.