

BEVERLY HILLS WELLNESS SURGERY CENTER, LLC
ABDOMINOPLASTY POST OPERATIVE INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Early ambulation is important after abdominoplasty; you may start walking lightly 1 day after your surgery.
3. You may go to the bathroom with assistance as needed.
4. Take your medications according to the specific written instructions that have been provided.
5. You can expect the following:
 - You will need to remain in a flexed position when lying down and will likely feel as if you cannot stand straight for several weeks after surgery. This will resolve after a few weeks time.
 - For the first 24-48 hours, you should sleep on your back with pillows behind your head and under your knees to relieve pressure from your lower back.
 - A drain will be in place and the drainage will need to be measured with the amount recorded and then emptied. It will usually be in place 10 to 14 days.
 - You will be fitted with an abdominal binder or garment to give you added support. This binder usually has to be worn night and day for 5 to 6 weeks after surgery, except when showering or using the bathroom or for laundering it. It is not uncommon to have some drainage on your garment or binder.
 - The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
6. **You can shower 48 hours after surgery.** Remove the binder and any gauze dressings from the incision and belly button area. Do not remove the surgical tape from the incision. Clip the drain to a belt or string around the neck or waist. After the shower replace the binder or garment.
7. Avoid any heavy lifting (greater than 10 pounds), strenuous exercise, pushing for 5 weeks after surgery.
8. Avoid direct sun exposure / tanning of the incision for several months after surgery.
9. A liquid diet is recommended for the first day progressing to a regular diet over the first 24 hours.
10. Do not drive a car until your physician has given you permission to do so.
11. Avoid smoking and alcohol for 2 weeks after surgery.
12. Contact our office at (310) 385-9623 if you experience any of the following:
 - Severe pain not responding to the pain medication.
 - Marked swelling, fevers, chills, or excessive bleeding.
 - Shortness of breath, chest pain.

Patient Signature

Date