



**ABDOMINOPLASTY DISCHARGE INSTRUCTIONS
DR. KELLER/DR. THELLMAN**

The anesthetic may make you drowsy and slow your reaction time; therefore, for 24 hours:

1. Do not consume alcoholic beverages
2. Do not drive a vehicle or operate machinery
3. Do not make legal decisions or sign legal documents

You may experience a sore throat. For relief you can take over the counter throat lozenges. If your sore throat lasts longer than 2-3 days please contact your surgeon.

Rest quietly today. Have a responsible adult stay with you today and overnight.

NOTIFY YOUR SURGEON IF ANY OF THE FOLLOWING OCCUR

- o Elevated temperature above 101 degrees.
- o Increasing pain or pain unrelieved by pain medication.
- o Bloody drainage that has soaked the dressing.

ACTIVITY

- o Take it easy.
- o You may walk (encouraged), climb stairs, and engage in everyday activities.
- o However, avoid exercise and strenuous activities until your doctor gives the go ahead.

DRESSING

- o Wear abdominal binder for at least 2-4 weeks after your operation. Remove this only for cleaning and bathing.
- o Binder should fit snugly, but not so tight it causes discomfort or restricts breathing.
- o Gauze beneath this binder for the first week or so after the procedure will help protect the incisions. Change the gauze daily.

DRAINS

- o May be in place when you go home.
- o Please empty these 2-3 times a day and make sure you record the amount. (This will help us determine when the drains should be removed.)

SUTURES

- o The remainder of your sutures are beneath the skin and will dissolve with time. (They do not need to be removed).
- o Tape strips on the skin will remain 2-4 weeks.

SHOWERING

- o May be done once drains are removed.
- o Avoid getting water on your incisions as much as possible, but a little is O.K.
- o Pat dry with a towel when finished—do not rub.
- o No bathing or swimming until the wounds are completely healed.

DIET

- o Resume regular diet. (You may find that your appetite is less than normal.) Make sure you drink plenty of fluids.

WHAT TO EXPECT

- o Bruising and swelling in the abdomen is to be expected. (This will gradually fade over the next few weeks).
- o Bleeding in small amounts may occur along the incisions. (This is typically minimal and requires only some direct pressure and a light dressing for control.)

MEDICATION

- o Pain after this procedure is to be expected.
- o Take prescribed medication as directed.
- o If your pain is less severe, you may take Tylenol only.
- o Avoid Aspirin, Ibuprofen, Motrin, Aleve, etc.
- o Most pain medications should be taken with food.
- o Pain medications can contribute to constipation. Increase fluids, fresh fruits and vegetables to help with constipation.
- o Some of the pain medications may make you drowsy; therefore, do not drive while taking them.

FOLLOW UP

- o Call if you have any questions or concerns. Our office number is **785-843-7677**.
- o Please call our office and schedule your follow up visit in _____.

PRESCRIPTION

OTHER INSTRUCTIONS

I HAVE READ THE INSTRUCTIONS AND UNDERSTAND THEIR MEANING.

Signature of Patient or Responsible Adult:

If any problems occur, or if you have further questions **CONTACT YOUR PHYSICIAN**. If you are unable to reach your physician and feel that your signs and symptoms warrant a physician's attention go to the **Emergency Room Closest to You**.

Instructions Given by: _____

Date: _____ Time: _____

8FEB04