

## Abdominoplasty Post-Operative Care

- Make sure you have a post-operative appointment scheduled one week after surgery.
- You may resume all medications as per your medical doctor.
- Take your antibiotics or pain medication as prescribed. Having some soreness and pain is normal after surgery. If something makes you sick, please call the office.
- Wear your abdominal binder 24/7 as much as possible, you may remove it to shower.
- The steri-strips are the thin bandages covering your incisions, they protect your incisions and will remain stuck on for a few weeks.
- Make sure you get up to walk at least every 2 hours. Walking is essential to healing from surgery and will help prevent the risk of blood clots.
- You are to continue activities of daily living such as dressing/undressing yourself, washing your hair, and walking up and down stairs, as long as you feel safe doing so.
- Do not drive until your surgeon clears you.
- You may shower 2 days after surgery:
  - Make sure someone is home while you shower to supervise in case you need help.
  - Remove any extra gauze and leave the steri-strips intact.
  - You may hold the drains so they do not hang free, or thread a string through the plastic loops around your neck.
  - Stand with your back to the shower spray and let the water and soap gently run over your incision and drain site. Do not scrub or let the shower spray directly hit the surgical area. Gently pat dry.
  - If you feel too light headed/dizzy, a sponge bath is OK.
- Record the output of your drains with the chart that was given to you.
- We will review further care with you at your post-op appointment.
- If you notice any redness, unusual swelling/discharge, or fever please call the office.

**Drain Care**

The purpose of the Jackson-Pratt (JP) drains is to collect the excess fluid and blood from your surgery. These drains work by applying suction to your surgical site. They are sutured into you skin and should not hang freely to prevent irritation.

- You may use a lanyard or string to hang the drains around your neck during the day, night, and when showering. You may also put safety pins through the plastic loop of the drains and pin them where comfortable to your clothing.
- You may get the area from where the drains exit soapy and wet during showering.
- You must record the output from your drains. Use the drain chart to record the time, and output of each drain in CCs (cubic centimeters). These numbers are listed on the side of the bulb. The measurement is always an estimate. Each drain has a number too.
- The drains should be emptied and recorded as soon as they start looking full (more than halfway). The first week you may have to check them morning, noon, evening, and before you go to bed.
- Remember to “milk” the drain tubing. To do this, hold the tubing with your thumb and forefinger, and with the other thumb and forefinger on the other hand, strip the tubing with your thumb nail to clear out any blood clots that have formed. The purpose of this is to keep a vacuum within the tubing so that the drain will still suction. Do this as needed before you record the output in the collection chamber.
- The first week, the drains may turn a red color to a clear yellow color.
- It is safe to leave your house while having drains.
- You are NOT allowed to: take a bath with the drains. Showering is OK.

**Day 1**




# CIMISURGICAL

PLASTIC & RECONSTRUCTIVE SURGERY

## Day 2


## Day 3


## Day 4


## Day 5


## Day 6


**Day 7**


**Day 8**


**Day 9**


**Day 10**


**Day 11**


**Day 12**


**Day 13**


**Day 14**


**Day 15**


**Day 16**
