



## Post-operative Discharge Instructions for: Abdominoplasty/Panniculectomy

- Discontinue all aspirin products or medicine that can increase your chance of bleeding two weeks prior to surgery. This includes: diet pills, all herbal medications (tumeric), flax seed oil and vitamin E.
- First and foremost relax. Your most important role is simply to take it easy and call the office if there are any concerns or questions.
- You need to sleep in a reclining position, bent at the waist, with pillows under your knees for the first week after surgery. Do not sleep flat. You may sleep in a recliner if you have one with the knees bent.
- Do not lift anything greater than 5 lbs or exercise until instructed and keep your abdominal binder or garment on at all times (other than showering).
- After surgery, please start with sips of clear liquids and advance diet as tolerated. Try to stick to bland, non-spicy foods for the first day until you have recovered from anesthesia.
- Please do not take your pain pills on an empty stomach as this will increase nausea. Please alternate taking Norco and Advil (800 mg) every 2-3 hours so that you have more continuous pain control. Example: Noon take Norco, 3 PM take advil, 6 PM take Norco.
- Please take all of your antibiotics according to the prescription.
- Please use a stool softener, stay hydrated and avoid constipation.
- Your abdomen will be very tight for several weeks, and you will need to stay bent over at the waist. This will gradually stretch out and relax with time.
- Please empty your drain every few hours, or when it is full and place it back to suction. Please "strip" the drainage tube at least three times daily. Always record the amount of fluid when you empty the drain. Please keep a log of the amounts, and bring this with you to your office appointments, as this is how we know when your drain is ready to be removed.
- You may begin showering the day after surgery with gentle soap. Do not scrub. Allow the warm soapy water to run over incisions. Please make sure your drain is supported in the shower and does not dangle. Pat dry after your shower. Please do not bathe, swim or submerge your incisions until

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cleared by your surgeon.

- If you have steri strips or glue in place, do not remove. Let them fall off on their own.
- You need to start walking and taking deep breaths the day of surgery when the effects of anesthesia have worn off. This is to help prevent pneumonia and blood clot formation in the legs. Take deep breaths every hour while awake. Have assistance when walking.
- Avoid vigorous exercise, yard work, vacuuming, or any other activity that requires excessive arm usage for six weeks.
- Please rest with a couple of pillows under your head and shoulders. It is normal to have some swelling. This usually maximizes at 24-48 hours.
- Hematoma, or bleeding, is not common, but can occur early after surgery. When this occurs, the area operated on can become significantly or dramatically bigger, tighter, bruised and more painful. If this occurs, notify the office immediately.
- Please do not drive until you are cleared by your surgeon.
- Do NOT smoke cigarettes or use nicotine products. This can cause wound healing problems.

Notify the office if you experience any of the following:

- redness around incisions, foul smelling odor or drainage from incisions or drains.
- a temperature above 101 ° F.
- uncontrolled pain or vomiting

Patient Signature: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_





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