



INSTRUCTIONS AFTER ABDOMINOPLASTY

Date of Surgery: _____ Time of Surgery: _____

Post-Op Appt. Date: _____ Appt. Time: _____

1. For your comfort, you may want to stay in the hospital the evening of your surgery. This will have an additional fee. Ask our office manager for details.
2. Dr. Kaplan might want you to wear an abdominal binder after your surgery. If so, wear it night and day, except to shower, for the first month. Then, only during the day for the second month.
3. During the first few days after surgery, most patients find it more comfortable to sleep in a flexed position. Use pillows to keep your head and shoulders elevated, and place a pillow under your knees. If you are not comfortable sleeping in this position, you may sleep flat. It is more important to get a good night's rest.
4. You will have drains to help reduce swelling. These drains will be removed when they are draining less than 30cc per day. This might take seven to 10 days. They will be removed at your regularly scheduled postop appointment approximately 1 week after your operation.
5. Shower daily to keep the incisions clean. If you still have drains, you may attach them to a belt or cloth strap to prevent them from pulling while you shower.
6. Please change all dressings or bandages daily. Bandages are optional once the area of the incisions are comfortable. Only use them if you need to protect your clothing from drainage.
7. It is normal to experience swelling and bruising of the abdomen and groin for the first few weeks after surgery. Other normal experience include:
 - Tightness and discomfort of the abdominal muscles for several weeks
 - Areas of numbness of the abdominal skin for up to six months
 - A small amount of drainage during the first few days
 - Redness of the surgical scars for about three to six months after surgery (This will slowly fade)
8. Please call Dr. Kaplan's office at the first sign of:
 - Excessive (sever) pain associated with pressure and enlargement of the abdomen
 - Redness, drainage, or odor from the incision(s) or drains
 - Fever or chills
 - Shortness of breath

Continued on back



INSTRUCTIONS AFTER ABDOMINOPLASTY (continued)

9. It is extremely important that you do not smoke or have any form of nicotine for at least two weeks before or after surgery. Smoking might delay healing and increase your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.
10. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics, or weightlifting (usually three to six weeks). Also, when returning to more vigorous exercise, start slowly and gradually work up to your daily routine.
11. You may drive after you discontinue your narcotic pain medication and when you are comfortable with your mobility.
12. It is best to avoid exposing the scar to the sun and to wear sun protection with an SPF of 30 or higher for at least six months after surgery.

Notes: _____

DR. JONATHAN KAPLAN, MD, MPH
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Evenings and weekends, call the office number
and ask the operator to contact Dr. Kaplan
or the plastic surgery fellow on call.

**CENTER FOR RECONSTRUCTIVE
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*This information is not intended to replace medical advice of your doctor or health care provider.
Please consult your healthcare provider for advice about a specific medical condition.*