



Facial, Plastic & Reconstructive Surgery

Abdominoplasty Post-Operative Instructions

Please follow the General Instructions provided. In Addition:

General Instructions:

- Keep the wound clean and dry. Do not disturb the dressing for the first two days.
- Remove all dressings except steri-strips 48 hours after surgery. You may shower once the dressings are removed.
- Apply antibiotic ointment only on drain sites, twice daily.
- Wear the compression garment 24 hours a day, removing it only for showering or laundering. Optimal wear time is 6 to 8 weeks.
- Do not apply ice or heat to the abdomen.
- Elevate your head, shoulders, and knees with two to three pillows while resting or sleeping.

Showering:

- Shower two days after surgery, then daily. Have an adult with you for the first shower for safety.
- Remove compression garments and outer bandages (including gauze from your belly button) before showering. Leave steri-strips in place.
- Use soap and water as normal, but do not let water beat directly on your incisions. Rinse well and pat dry.
- Do not soak in a bathtub until approved by your surgeon.
- Apply light bandages after the first 2-3 showers. You do not need to cover your incisions after a few days if there is no drainage, but you may if it is more comfortable.

Drains:

- Drains will remain in place until your drainage output is <30 milliliters for two consecutive days.
- Use the log provided to track your drainage output. Bring this log to your post-operative visits for your surgeon's review.

Sutures:

- Your sutures are dissolvable.