



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Abdominoplasty Post Op Instructions

Mayberry Plastic Surgery
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Contact
(505) 888 3844
www.mayberryplasticsurgery.com/



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Your Follow Up Appointment: _____

Instructions:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Take a stool softener such as peri-colace.
- Take medication as prescribed. Do not take aspirin or any products containing aspirin until approved by Dr. Mayberry.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities:

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- No lifting greater than 5 lbs. for 6 weeks. This can be modified by Dr. Mayberry.
- You can resume sexual activity as comfort permits, usually 2-3 weeks post operatively.
- Avoid straining of abdominal muscles. Strenuous exercise and activities are restricted for 6 weeks.
- You may return to work approximately 3-4 weeks.

Incision Care:

- No showering until drainage tubes are removed, and directed by Dr. Mayberry. You can sponge bathe only.
- Remove and replace the gauze as needed 24 hours after surgery. Do not remove the steri-strips.
- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable use sunscreen with SPF 30 or greater.
- Keep the steri-strips in place until instructed by Dr. Mayberry.
- Keep the incisions clean and inspect it daily for signs of infection.
- Do not use well water to clean your incisions, use bottled water only.
- No tub soaking while sutures, steri-strips or drains are in place.
- Wear your compression garment 24/7 for 6 weeks post-op.
- Place daily soft dressing over incisions and around the drain sites to wick away moisture and to prevent irritation by the garment along the incision line.
- Sleep with your chest elevated and pillows under your knees to decrease tension on your incision. Do not lie flat.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.



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What to Expect:

- You may experience temporary pain, soreness, numbness of abdominal skin and/or incision discomfort.
- Maximum discomfort will occur the first few days.
- You will have bruising and swelling of the abdomen. The majority of the swelling will subside in 6-8 weeks.
- You may feel tired for several weeks or months.

Appearance:

- Flatter, firmer abdomen with narrower waistline.
- You will walk slightly bent forward and gradually return to normal posture over next 2-3 weeks.
- Scars will be reddened for 6 months. After that, they will fade and soften.
- The scar will extend from near one hipbone to other, low on the abdomen.

Follow Up Care:

- Abdominal drains are removed when the output is less than 30 ml in a 24 hour period. (See attached drain care instruction sheet and record sheet).
- Surface stitches if any will be removed in 7-10 days.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/ or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844 or 505.857.3933

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____