



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

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## ABDOMINOPLASTY HOME INSTRUCTIONS

### DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

### ACTIVITY

- You must take it easy for 4-6 weeks.
- Do not do any strenuous activity or lift more than 5 lbs.
- Do not try to sit up without using your arms for support.
- Do not straighten out – sleep in a recliner or with pillows under your back and knees so that you stay bent at the waist.
- Move your legs and feet often while resting.
- Make sure to walk around at least 4-5 times per day.
- Deep breathe every hour while awake to clear your lungs.

### MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You **MUST** continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

### WOUND CARE

- ***Do not smoke!***
- Change the dressing daily with dry sterile gauze on the incisions and around the drains also.
- Wear the abdominal binder at all times except to change the dressing.
- Empty the drains every 8-12 hours and record the amount. The drainage bulb must be recompressed after emptying to maintain suction of drainage from the incision.
- You may have some bloody drainage around the drain tube. Reinforce the dressing as needed.
- Do not shower until 24 hours AFTER the drains are removed.

### PROBLEMS

***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Heat or redness at or near surgery site.
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

### ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief. You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

### SPECIAL INSTRUCTIONS \_\_\_\_\_

### FOLLOW - UP

- Please call tomorrow to schedule your post-operative appointment for \_\_\_\_\_