



## ABDOMINOPLASTY POST OPERATIVE INSTRUCTIONS

**PLEASE DISREGARD ANY INFORMATION THAT YOU FIND ON THE INTERNET AND FOLLOW ONLY ON THE INSTRUCTIONS GIVEN TO YOU BY DR. TRUONG.**

The following instructions are designed to minimize discomfort after surgery.  
**PLEASE REMEMBER THAT RESULTS FROM LIPOSUCTION SURGERY TAKE TIME.**  
**You may not see the final results for up to 6 months.**

**DRAINAGE:** Swelling and discoloration are normal following [Abdominoplasty surgery](#). The amount varies from person to person.

- You will have two drains placed the day of surgery. The drains are designed to collect fluid buildup from your tissue.
- Drainage will appear bloody at first, but will lighten over time. This is normal and patients should not be alarmed.
- You will be given instructions on how to record and empty your drains. Please record drain output and empty the drains until your first post-operative appointment.
- Drains are typically removed in your first visit by your doctor.

**NUMBNESS:** You may experience localized numbness for several months up to a year. This is normal and will improve over time as your nerves regenerate.

**GARMENT: Your post-surgical compression garment must be worn for 24 hrs per day until your first post-operative appointment.** It's designed to help with swelling.

- **DO NOT SHOWER UNTIL YOUR FIRST POST-OPERATIVE APPOINTMENT!! (DRAINS CAN NOT GET WET)**
- You will then be instructed in your first follow up appointment to wear a compression garment such as a Waist Trainers for up to 4 weeks post surgery.
- You may choose to wear the garment for up to 6-8 weeks to achieve optimal results and comfort.
- Below are 2 websites to guide you through choosing the best garment to purchase.  
<https://www.contemporarydesigninc.com/> or <https://www.leonisa.com/en/>

**SHOWERING: You may NOT shower until your drains are removed at your first post-operative appointment.**

- You may sponge bathe until the drains are removed.
- It is advised that you have assistance with your first shower.
- It is advised to have a light snack and orange juice to prevent dizziness
- You may experience dizziness and nausea removing your compression garment.
- We suggest washing your garment.
- Do not replace pads, gauze, or bandages over your incisions unless you are still draining.
- Do not apply ointment/moisturizer over your incisions soap and water from your shower is sufficient enough for them to be cleansed.
- You may **NOT** sit or submerge your body in water for 6-8 weeks. No swimming, hot tubs, whirlpools or baths.



**STERI STRIPS:** You will be instructed to keep the steri-strips on for at least 6 weeks to aid with wound healing. You will be given half inch steri-strips at our office, only replace these as they begin to fall off. You may add additional steri-strips to reinforce. If you run out of steri-strips you may purchase these at a drug store, ask the pharmacists for half inch wound closure strips.

**ACTIVITY:** Patients should rest the day of surgery and watch for dizziness upon standing. You may resume activities the next morning and should be up and moving around. To avoid complications, you should not be bed ridden following this procedure. Other than walking, exercise should be resumed gradually. Consult with the Doctor regarding exercise levels.

**IT IS NECESSARY TO HAVE SOMEONE STAY WITH YOU 12 HOURS FOLLOWING SURGERY.**

**RETURNING TO WORK:** For this procedure, we generally recommend returning to work **10-14** days after surgery depending on how the patient is feeling.

**DIET:** Meals are not restricted following surgery. Begin with clear liquids if you had IV sedation.

- Avoid salt so that you do not retain water.
- Do not eat anything spicy or greasy.
- We recommend a diet high in fiber, lean proteins, fresh fruits, and vegetables.
- Drink plenty of water.
- Percocet (pain) & Zofran (anti-nausea) will cause constipation. **Take Metamucil/Stool Softeners.**

**SWELLING:** Fluid retention will follow with this type of surgery. It is important to wear your compression garment to aid with the swelling. Swelling, bruising, and discoloration of the genitals is not uncommon. Most of the swelling will reside within the first month, but residual swelling may last for up to 6-12 months.

**PAIN:** Pain is usually minimal and typically resides within 1-2 weeks after surgery. Some is to be expected even after taking prescribed pain medication

**MEDICATION: DO NOT** take herbal supplements, aspirin/aspirin containing products, Ibuprofen, arthritis relief medications, or vitamin E for two weeks before & after surgery.

You have been prescribed 3 medications:

- **ANTIBIOTIC:** Keflex (Cephalexin) Take this medication until completed (one week). First dose (1pill) when you get home. Then take 1 pill four times a day until completed.
- **ANTI-NAUSEA:** Zofran (Ondansetron): As needed for Nausea  
You may experience nausea/vomiting. Take one pill every 6-8 hours, as needed.
- **PAIN:** Percocet (Oxycodone/Acetaminophen): As needed Take your pain medication after a small/light meal to prevent nausea. Take 1-2 pills as needed for pain every 4-6 hours.

**THIS MEDICATION IS TO BE TAKEN AS NEEDED FOR PAIN FROM SURGERY ONLY.**

You may opt for **Extra Strength Tylenol** instead of Percocet for pain management.

**DO NOT TAKE TYLENOL AND PERCOCET AT THE SAME TIME.**

**Initial**



**SUN EXPOSURE:** Avoid exposing any small scars to sun for at least 12 months. Always use a strong sun block, if sun exposure is unavoidable (SPF 30 or greater).

**EXPECTATIONS:** Try to keep in mind that we are trying to achieve significant improvement, not perfection. If your expectations are realistic, you are much more likely to be happy with the final result. Be patient, it may take up to 6-12 months to see optimal results from Abdominoplasty.

For non emergency related questions **ALWAYS** call our office during business hours to **312.846.1529 (ex: appointment inquiry, time of upcoming appointment etc...)**

For immediate emergencies **911 or go to Presence Saint Francis Hospital located on 355 Ridge Ave, Evanston, IL 60202. If you are unable to go to St.Francis, you may go to Presence Saint Joseph Hospital, located on 2900 N Lake Shore Dr, Chicago, IL 60657.**

If you have urgent concerns ***after business hours***, you may call **312.320.4655** (please note that the response may not be immediate. This phone number is not to be used for general inquiries such as appointment inquiries, time of appointment, or scheduling appointments, you should contact our office during business hours.

**CALL OUR REGISTERED NURSE IMMEDIATELY TO 312.320.4655**

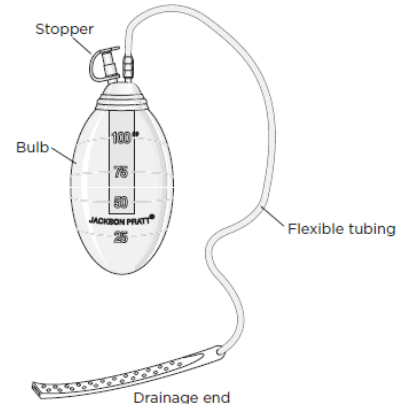
- If you have a temperature over 100.4 degrees
- Sudden and/or abnormal swelling
- Intense pain not relieved by pain medication (minor pain and discomfort is to be expected even after taking pain medication).



## JACKSON-PRATT DRAIN WHAT YOU NEED TO KNOW

### What is a Jackson-Pratt drain and how does it work?

It is used to remove fluid build up of your body after surgery. The JP drain is a bulb-shaped device connected to a tube. One end of the tube is placed inside you during surgery & the other end comes out through a small cut in your skin. The bulb is connected to this end. You may have a stitch to hold the tube in place. The JP drain removes fluids by creating suction in the tube & will expand as it fills with fluid.



### What are the risks of having a Jackson-Pratt drain?

- The drain can cause minor pain and discomfort.
- The drain may leak or can be pulled out by accident.
- The tubing may get blocked, crack, or break.
- The draining can damage your tissue or it may lead to scarring.
- The JP drain site can get infected, if this occurs, contact your provider.

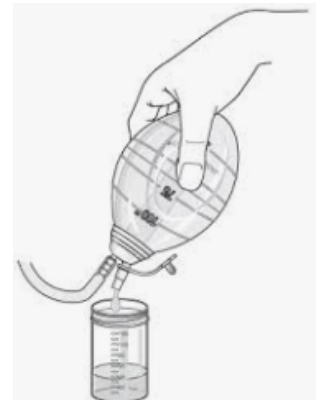
### What should I do if the tubing becomes clogged?

JP-drain requires daily milking and it is best to milk it 3 times a day.

When milking the drain or if it becomes clogged, hold the tubing in place with your thumb and index finger and pinch the tubing to prevent the tube from being pulled out of your skin. Next use two fingers, to slide the clog down the tubing to the bulb, and repeat as necessary until it is unclogged.

### How do I empty the Jackson-Pratt drain?

- Empty the bulb when it is half full or every 8-12 hrs.
- Wash your hands with soap and water, then remove the plug from the bulb.
- Pour the fluid out and document the date, time, and amount of fluid collected.
- Clean the plug with alcohol before re-capping.
- **SQUEEZE THE BULB FLAT AND PUT THE PLUG BACK IN.**
- The bulb should stay flat until it starts to fill with fluid again.
- Flush the fluid down the toilet and wash your hands.



### When should I seek immediate care?

- If you have a cloudy yellow or brown drainage from the drain site
- If the drainage has a bad smell or odor.
- If you JP drain breaks or comes out.

### When should I contact my provider?

- If you drain less than 30 milliliters (2 tablespoons) in 24 hours. This may mean that your drain can be removed.
- If you suddenly stop draining or you think the drain is blocked.
- If you have a fever higher than 101.5°F (38.6°C).
- If you have increased pain, redness, or swelling around the drain site.

