

# ABDOMINOPLASTY POST-OP INSTRUCTIONS

## ACTIVITY

- You will not be able to stand up straight for the first week. It will be normal to walk around in a "hunched over" position. Your back may become sore in this position. You can try to stand up straight after the first week.
- For the first week, sleep on your back with your head elevated and knees bent with a pillow underneath them. This will help keep tension off your abdomen. Do not sleep on your side.
- Continue to wear your seatbelt.
- No heavy exercise until the doctor says you may do so, typically 6-12 weeks.
- No sexual activity for at least 4-6 weeks after your surgery.

## DIET

- Avoid foods that can cause a lot of gas. This can cause abdominal distention and undue discomfort. Small frequent meals are best. Stay will hydrated, drinking mostly water. Drinks such as Gatorade or Powerade are good too.

## DRESSINGS

- You will have a compression garment and/or an abdominal binder on over your gauze dressings. Keep these on and dry. If drainage occurs, reinforce the dressing with additional gauze and tape.
- You should wear the garment and/or binder most of the time for 4-6 weeks.
- It is normal to have some numbness over the surgical sites for several weeks or months.
- Do not use a heating pad around the surgical sites as it could cause a burn.
- No tub baths until okayed by your doctor.
- You will have 1-2 drains in your abdomen, which may stay in for 1-2 weeks. Please refer to the DRAIN CARE INSTRUCTION SHEET.

**AFTER HOURS ON-CALL NUMBER: 423.756.7134**



**VISIT THE LINK TO  
FIND THE RIGHT  
COMPRESSION  
GARMENT FOR  
YOUR SURGERY**

**ITEM # 3-5837-12**

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