**Post-Operative Instructions**

**Abdominoplasty**

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

**Immediately after surgery**

* Minimal activity for the first week after surgery; ambulation is strongly recommended.
* Sponge baths may be used for hygiene for the first 2 days. Showers are allowed 48 hours after surgery. After the shower, pat the incisions dry and apply antibiotic ointment.
* 1 to 2 drains may be required. If asked, drainage amounts should be logged and taken to each post-operative visit for the surgeon to review.
* Remember to position yourself in the beach position (at a 45 degree angle with knees up).
* Leave the surgical compression garment on until you are seen for your first postoperative visit in our office. If the compression garment feels too tight, you may loosen it a little.
* No HOT or WARM compresses.
* No COLD or ICE compresses directly on the skin.
* Avoid smoking for 6 weeks after surgery; no alcohol for 1 week after surgery.

**You can expect**

* Sutures are dissolvable. If placed, permanent sutures are removed about 2 weeks post operatively.
* Drain(s) are to remain in place for 10 days post-operatively.
* Moderate discomfort, which should be relieved by the pain medications.
* Moderate swelling and bruising around and below the abdomen.
* There may be some bloody drainage on the dressings. With liposuction, this drainage will increase.
* Clear or bloody liquid oozing from the incision.

**As time goes by and you are healing, the following guidelines apply**

* No intercourse for a minimum of 2 weeks.
* If this procedure is done in conjunction with other procedures there may be additional recommendations from your surgeon on how long to abstain from intercourse, and recommendations regarding pelvic rest.

**Call the office if you experience**

* Severe pain not responding to pain medications.
* Excess swelling or swelling that is greater on one side than the other.
* A bright red spot on the bandage which continues to enlarge.
* Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
* A fever.
* Bright red blood in drains that seems to be clotting.
* Call if you have any questions.

**Call the office at (703) 255-4922**

**AFTER HOURS you may reach Dr. Yousefi at 703-969-0637**

**For Emergencies Call 911**