**Post-Operative Instructions**

**Lower Abdomen Skin Strip**

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 the first week after surgery; regular ambulation is highly recommended.
* A drain may be required. If asked, drainage amounts should be logged and taken to each postoperative visit for the surgeon to review.
* Leave the surgical compression garment on until instructed otherwise. This will decrease the risk of seroma (collection of fluid) formation in the postoperative period.
* No HOT or WARM compresses.
* No COLD or ICE compresses to the area.
* No smoking for 3-6 weeks and no alcohol for one week after surgery.
* Showers are allowed 48 hours after surgery.

**You can expect**

* Drain (if placed) will be removed 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.
* Clear liquid oozing from the incision.

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

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

**For Emergencies Call 911**