



**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

**POSTOPERATIVE INSTRUCTIONS  
ABDOMINOPLASTY**

**Patient Name:** \_\_\_\_\_

1. No alcohol should be consumed for 72 hours following surgery; no aspirin or aspirin containing medication should be taken for two weeks following surgery. You have already been given a pain medication that you can take as directed.
2. **It is very important that you continue taking your antibiotic medication until the prescription is completely gone.**
3. Your preoperative medications can be resumed immediately following surgery unless, of course, they contain aspirin or the like.
4. Watch for any significant or alarming swelling, redness, bleeding or bruising in surgical areas. Also note any pain that is out of the range of expected discomfort. If this occurs, contact us **immediately** 480-614-3535 – any time, day or night.
5. When standing and laying you should expect to remain in a bent over position at the waist for 7-10 days after surgery. **DO NOT LIE FLAT** – support your back with two pillows and bend your knees. These positions lessen the tension on the suture lines.
6. Strenuous physical activity must be restricted for 6 weeks following surgery. This includes most types of exercise and heavy housework.
7. Your garment that is applied at the time of surgery must remain in place until otherwise advised. Dr. White will do your first dressing change, so we recommend bathing at the sink with a washcloth until you are permitted to take a shower.
8. Loose fitting clothing should be worn until sutures are removed approximately 10-14 days following surgery.

9. No pressure of any kind is to be placed on the abdomen for 3 weeks following surgery.
  
10. You will be discharged with at least 2 drains. They will typically remain in place for 5-10 days depending on their output. They will be removed when their total output (per drain) is less than 30cc's in 24 hours.
  
11. You may shower with the drains, but no baths. You may use regular soap. Remove all dressings except for the tapes (steri-strips). Pat everything dry and replace the gauze pads if the incisions are still draining. You may use antibiotic ointment such as Bacitracin around the drains and on the incisions as long as they don't have butterfly tapes (steri-strips) on them.

Should you have **ANY** questions, or concerns, please do not hesitate in contacting our office, day or night at: 480-614-3535.

Your follow up appointment(s):

---

---

---