



BOULDER PLASTIC SURGERY Prof., L.L.C.

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AFTER YOUR ABDOMINOPLASTY WITH OR WITHOUT LIPOSUCTION

Returning Home From The Surgical Facility

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 4-6 weeks. You'll feel tired and sore, and will sleep intermittently. Your energy levels will gradually return. Take several rest periods during the day to "recharge".
2. If your stomach feels fine, progress to foods, as you desire. If you are at all nauseated, do not eat solid foods, just drink small amounts of clear liquids, until the nausea passes. If it persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating to avoid nausea. Most patients find narcotic pain medication unnecessary during the day after about 3-5 days, but still helpful at night for 10-14 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persist, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post operative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your surgery.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. You should sponge bath until bandages and/or compression garment and foam padding is removed. These areas must remain dry. Ice packs for comfort, 7-14 days as needed.
8. Your bandages will be removed in the office 5-7 days after the surgery. "Strip" your drains to avoid plugs and maintain free flow. The drain (s) may need to stay for 7-10 days, or longer, depending upon the amount of drainage that occurs in a 24 hour period. The deep sutures placed in your incisions are beneath the skin and will be reabsorbed by your body in a few months. You will not damage your incisions at all by normal activity.

9. *Do not soak in a tub while stitches or drains are in.* You will be instructed to massage the operative sites several times daily after your first follow-up visit. It is very important to do this. *Not massaging operative areas will prolong healing, bruising and soreness.* Avoid standing or sitting in one place for extended periods of time after the first 24 hours following surgery. This will cause pooling of blood in the lower extremities and may cause post surgical complications. Remember to keep your legs elevated when sitting or lying down the first week after surgery.

Heavy bruising and some swelling of the operative areas is normal and main remain for several weeks after surgery.

10. Call the office if you experience persistent nausea after arriving home; temperature over 101 degrees; pain that is not controlled with your pain medication or swelling that is alarming or asymmetrical.

11. Sleep on your back at 45 degree angle on 2 or more pillows the first week after the surgery. Change your sleeping position depending on comfort. Elevate your legs when sitting to reduce leg and ankle swelling.

12. If you are not given an appointment after you leave the surgical facility, you will need to call the office to schedule one to follow up, within 4-5 days.

13. Call the office if you have any further questions or concerns. **(303) 443-2277.**

14. Please also review and be familiar with the after your abdominoplasty section in the patient information material, as well as the summary sheets supplied with your preoperative packet.