

Orange County Plastic Surgery

4501 Birch Street Suite B
Newport Beach, CA 92660
949-888-9700

POST-OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY AND BODYLIFT

1. On your day of surgery, you can expect to feel sleepy and you may experience severe discomfort; this may continue the following day. For this reason, it is important that someone spend the first 48-72 hours with you at home. Because it is sometimes difficult to move about easily, most patients find that an assistant is necessary for the first three days.
2. You may have a drain in place which will be removed during an office visit after the drainage has stopped. Instructions for drain care will be dispensed.
3. It will be necessary to keep your hips gently flexed for the first week to prevent excessive tension on the suture lines. We recommend a pillow under the knees while resting – a reclining chair also works well.
4. You should walk as much as possible after surgery. This will reduce the possibility of clots forming in your calf veins or pneumonia. Avoid any other activity which causes you discomfort. Remaining in a slightly flexed position will make it more comfortable for you to walk.
5. You may take sponge baths until your first post-op visit but do not wet the abdominal dressings. You may shower after your first visit with your surgeon. When showering, water may hit the surgical sites but do not rub the incision areas until all of the surgical tapes have fallen off- this usually takes two to three weeks following surgery. Soaking in a bathtub is to be avoided during the first two weeks.
6. If necessary, we recommend a mild laxative such as Metamucil. To prevent straining associated with constipation, eat high fiber foods such as oatmeal, bran flakes and beans and drink bowel stimulating juices such as those made from prunes. We encourage you to drink plenty of liquids and to include sufficient fiber in your diet for this same reason.
7. You may resume driving 48 hours after your last pain pill but only if you feel comfortable and physically able to do so.
8. Deep breathe to keep your lungs clear every hour while awake.
9. You are encouraged to call the office with any questions or if you develop a fever, become short of breath, or have any other problems during your immediate recovery period.

If you have any questions or concerns please call the office at (949) 888 – 9700, after hours call Dr. Bunkis cell at (949)413-8888.

() BY CHECKING THIS BOX I OR MY CARETAKER ACKNOWLEDGE THAT I HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.

Patient or Caretaker Signature

Date

Physicians Signature

Date

PHYSICIAN COPY

IN CASE OF EMERGENCY DIAL 911

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