

# MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443 (24 hours)

If answering service does not pick up call 952-653-0784. In an EMERGENCY call 911

## AFTER SURGERY INSTRUCTIONS ABDOMINOPLASTY; LOWER BODY LIFT

- Take your medications as prescribed. See separate page.
- Elevate both the head and the foot of the bed with 2-3 pillows. This will relieve tension on the suture line.
- Gatorade or other drinks with electrolytes in them are recommended. If not nauseated, you may start with a light meal such as soup, crackers, toast, etc.
- Start a stool softener on the second post-op day to avoid constipation. Stay well-hydrated.
- Move legs in bed. Do dangle legs over edge of bed for a few minutes before getting out of bed to walk; this will help alleviate a light-headed feeling. Flex calf muscles when sitting or standing.
- Call your doctor if you notice any progressive swelling, bleeding, or soreness.
- Wear TED stockings until activity levels return to normal. These socks help reduce the risk of blood clots.
- You may **sponge bathe** only, until further notice (usually until drains are out).
- When out of bed, walk in a slightly bent over position with your shoulders leaning forward. This will prevent excessive tension on the suture line. Each day walk progressively straighter until upright by day 3-4.
- Empty the drains as necessary and **RECORD** the amount of drainage daily (see separate page); bring this paper to your return appointment. Always have suction on drainage bulbs (empty, squeeze air out, recap).
- ❖ **DO NOT** exercise after surgery. However, it is important to be up, moving, and keeping the blood moving in your legs to avoid blood clots. No “power walking” or treadmill; casual strolling (short) walks are OK.
- ❖ Make sure that the abdominal binder is not too tight. Reposition at least daily to reduce creases. If you have a liposuction garment, **DO NOT** remove it.
- ❖ **DO NOT smoke** (including second-hand smoke) or use nicotine products of any kind for 2 weeks before and after surgery.
- ❖ **DO NOT** use ice or heat on abdomen. (Could impair circulation or damage healing tissues).
- ❖ **DO NOT** drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- ❖ **DO NOT** drive a car or operate machinery for the next 48 hours or while using pain pills.
- Someone from Minneapolis Plastic Surgery will call you this evening to inquire about your condition and answer any questions you may have.
- Do not hesitate to call the doctor’s office if you have any questions about your recovery.  
PHONE: 763-545-0443.

I acknowledge receipt of these after-surgery instructions.

\_\_\_\_\_ (signature)

\_\_\_\_\_ (date and time)