



Neil J. Wells INC. MD, FRCSC

*Plastic & Reconstructive Surgery
Hand & Microvascular Surgery
Cosmetic Surgery*

ABDOMINOPLASTY-ABDOMINAL LIPOSUCTION POST-OPERATIVE INSTRUCTIONS

1. **Activity:** Rest and avoid vigorous physical activity for the first week and this will significantly reduce your bruising.
It is beneficial to stay mobile and take leisurely walks once you are comfortable.
2. **Wound Care:** Apply ice to the area of surgery as much as possible for the first 48 hours which may reduce your swelling and discomfort. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
3. **Post Op Care:** You should drink lots of non-citric juice or non-diet soft drinks for the first several days following surgery.
You will notice the skin in the area of your abdominoplasty-liposuction feels quite odd.
You may have undergone rectus placcation in which the abdominal muscles are tightened. If you have had placcation, you should avoid heavy lifting for a period of six weeks.
4. **Garment:** You may be placed in a liposuction compression garment following your surgery which is to be worn continuously for three weeks. Once you are comfortable, you can remove the garment in order to shower. You will use an antibacterial soap for washing (ie. Dial, Hibitane). You may wash the compression garment as necessary.
5. **Dressing & Sutures:** You will have dissolving stitches. An outer gauze dressing will be applied and beneath this there will be Steristrips (tapes). You may remove the outer dressing at 48 hours. Allow the Steristrips to gradually peel off over a period of one to two weeks.
6. **Shower:** You may shower in 48 hours.
7. **Drains:** You may have drains in place. The recovery room nurse will show you how to empty these and keep track of the drainage. Keep your drains taped so they do not pull and cause discomfort. They should be removed _____.
8. **Skin Care:** If you are going to be in the sun, regular use of an over the counter sunscreen with a minimum SPF 30 is recommended for several weeks afterwards. Do not use Vitamin E cream for the first six weeks or you may widen your scars. There is some evidence that your scars may be improved by taping them continuously for about three months, after the steri-strips come off. Use 3m Micropore 1 inch paper tape and apply along the incision line and change only when it loosens or becomes sticky; about 7 to 10 days. This is optional but you may find it helpful.
9. **Call your surgeon** (see below) if you have: bleeding, increasing pain, pus in the surgery area, fever, difficulty urinating.
10. **Restrictions:** You did____did not_____receive medicine for sedation. If you did receive sedation, you **MUST NOT** operate motor vehicles, boats, power tools or machinery for the first 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We require that a responsible adult be with you following surgery for the rest of the day and night.

PRESCRIPTIONS:

- Tylenol #3, Emtec_____Take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics_____.
- Other medicines_____.

FOLLOW-UP APPT: Please call 604-688-8568 to make your follow up appointment or ask questions you may have.

DR. NEIL WELLS: office 604-688-8568