

*Dr. Jeffrey Cole*  
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*St. Clair Shores, MI 48082*  
*Phone: (586) 415-6800*

### **ABDOMINOPLASTY POST-OP INSTRUCTIONS**

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. The first 24 hours after return home from surgery, absolute bed rest. You may get up to use the bathroom only.
3. NO driving, alcohol, or use of electrical devices for 24 hours post operatively.
4. **FLUIDS ARE EXTREMELY IMPORTANT!** Drink fluids such a Gatorade, clear Juices, or water. Do not drink anything very cold or hot, room temperature is best.
5. Take medications as prescribed. If you are taking pain medication that makes you feel drowsy, have someone else give you your medications at the proper time intervals. Under such circumstances, you could forget and take them too often.
6. Empty your drain as directed. Make sure you do this correctly. FOLLOW THE SEPARATE INSTRUCTION SHEET.
7. You may not be able to stand in an erect position for several days. Walk in a stooped position if necessary.
8. You can expect the following: You will need to remain in a flexed position when lying down. Keep pillows behind your head and lower back. Use pillows under your knees to keep them flexed. A Lazy-Boy chair is best. Drain(s) will be in place. You will be fitted with an abdominal binder to give you added support. You will be wearing this garment for approx. 3-6 weeks.
9. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
10. You may NOT shower until your first post-op visit. Absolutely no baths, hot tubs and/or pools for 6 weeks.
11. NO sexual intercourse for approximately 2-4 weeks.
12. NO SMOKING for an additional 6 weeks. Smoking can inhibit the healing process and prolong recovery.

13. No Aspirin or aspirin containing products for 72 hours post-operatively unless authorized by Dr. Cole.

***If you have any questions, concerns, and/or problems call Dr. Cole  
Office Phone: (586) 415-6800  
After Hours answering service: (248) 544-6989***

**If you experience any of the following please contact Dr. Cole:**

1. Severe pain not responding to the pain medication.
2. Temperature elevation over 100 degrees.
3. Marked swelling.
4. Any excessive bleeding.
5. Other questions or problems.

**Post-Operative Appointment:** \_\_\_\_\_

I Have read and understand the above instructions.

**Responsible Party/Relationship:** \_\_\_\_\_

**Patient's Name:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_