

# AFTER YOUR ABDOMINOPLASTY

## Post-Op Instructions

- Driver** For outpatient procedures a driver will be required to take you home and preferably stay with you overnight. Please do not drive for 24 hours or while taking pain medication.
- Follow-up** Please call to schedule your first follow-up appt, if not already scheduled.
- Medication** Begin taking your antibiotic (cephalexin) the day after surgery. Please finish all of this medication.
- Bathing** Do not get the surgical site wet unless otherwise directed. I will usually allow you to get the incisions wet with clean water after the drains are removed - with caution to gently pad the area dry immediately afterwards. Also you may swim or use a hot tub approx. 1 week after surgery.
- Sutures** Most commonly, absorbable sutures are used in the abdomen with steri strips over the top. Umbilical sutures dissolve in about 10 days.
- Drains** You will be sent home with drains in place. You will be instructed how to keep track of your drainage output. Please bring this sheet with you to your post op visits. Dr. Yates will remove the drains according to the drainage output.
- Activity** You will be walking bent over for approx. 10 days. You may benefit from sleeping in a recliner or propped up with pillows for this time. Refrain from lifting greater than 10 lbs. and vigorous activity for THREE weeks after surgery. You will have restricted activity for SIX weeks. Excessive activity can cause bleeding, swelling and generally hamper the results.
- Swelling** Your abdomen may be swollen and bruised for the first several weeks after surgery. This will improve!
- Garment** A garment will be worn at all times (day & night) for the next THREE to SIX weeks. Please wear the one we provide for the first 2 weeks. Then you may wear a second stage garment that can be purchased from a department store.
- Call** Feel free to call me or my nurses with questions or concerns.  
Tanner Clinic 773-4840 X3441.  
Dr. Yates cell phone (801) 543-9672 (Text message preferred, although direct calls are O.K.)  
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