



Dr. Priti K. Shukla

M.S. (surgery), M.Ch. (plastic surgery)
F.C.S (cosmetic surgery) U.S.A.
Consultant Plastic and Cosmetic surgeon

Postoperative Instructions after Abdominoplasty:

- Take medicines regularly as advised.
- Have someone stay with you at all times during first 24 hours if you are not in the hospital.
- **Pain and moderate swelling** of the part and leakage of bloodstained fluid is usual after surgery. Call Dr. Priti in case of any unusual developments like, fever above 100 degrees F or excessive swelling on one side only.
- **Sore throat** after surgery is common if general anaesthesia was given and a tube was put in your throat for breathing. Use salt water gargles thrice a day, strepsils tablets and sip warm liquids. Avoid chilled drinks.
- **Soakage of dressing:** You may need to change pads as and when needed during first 2 days due to drainage of blood stained fluid through liposuction holes.
- **Position:** You will need to keep the pillows under thighs to keep hips flexed for 2-3 days, while lying down. While walking you will have to bend at hip for first 2 days. Later you can gradually straighten up.
- **Body /backaches** may develop following prolonged surgery due to your position on operation table. Take pain pills, stretch the body part and have someone massage the part (only if that part has not been operated upon). Warm water bag may be applied but not to abdomen.
- **Leg swelling:** Mild leg swelling can occur. Keep the legs elevated. In case of excessive swelling, pain or swelling on one leg only, contact the doctor immediately.

- **Bath:** Sponge bath from day one after surgery- keeping the dressings dry. You can have shower usually 3-4 days after surgery as advised. Do not sit in bathtub. Use lukewarm tap water and savlon soap. Let the dressing soak in water so that they come off easily.
- **Dressing:** After bath dry yourself with fresh towel gently, put the antibiotic ointment on the liposuction holes liberally and put STERIPADS (10 cm) available in medical shop. You can also fix the pad with MICROPORE (3M) paper tape if necessary or simply tuck it inside the garment.
- **Abdominal belt:** It is to be worn day and night for 4-6 weeks. You can remove it only briefly if you are uncomfortable.
- **Pain:** Take the pain tablet 2-3 times a day on full stomach. . After 1-2 weeks you can start reducing the dose. Keep extra tablets ready for use whenever it is needed. Occasional pain and swelling can happen during next 3 months. Listen to your body and exert only as much as your body can tolerate.
- **New clothes:** Wait for at least a month for swelling to go down before buying new sized clothes.
- **Exercise:** No exercise for 2 weeks. Abdominal exercises after 6-8 weeks, only after consulting the doctor.
- **Travel** is usually possible after a week or two on your doctor's advise.
- **Result:** First one month is not a good time to evaluate surgical outcome. True results can be appreciated only after the swelling goes down completely in 3 months time. Therefore do not look into the mirror too often or keep weighing or measuring yourself. Just relax.
- **Contacting the doctor:** Dr. Priti is always available in case of any problem.
- **Postoperative followup:** Followup visits are usually at 48 hours, 1 wk, 1 month and 3 months, 6 months and one year. These visits are important for detecting any problems and treating them. This helps in maintaining your results of surgery and faster improvement in scars. You are not charged for these visits.