
General Information for Abdominoplasty Patients

Information after your surgery...

1. You will be given a prescription for medication to make you more comfortable after your surgery. Take the medication as it is prescribed. During the first 2-3 days, do not wait to feel any discomfort, and plan to take the medication regularly. At night, take the medication before you go to sleep, and consider setting an alarm to take your scheduled dose during the night. This will help with your pain control in the morning. You should refrain from driving while taking these medications.
2. The anaesthetic and post-operative medications can occasionally have some common side-effects, such as, nausea and constipation. Over-the-counter medications can minimize these side effects and are available at your local pharmacy. An option for nausea is Gravol, and for constipation, Colase.
3. You will have surgical tape called Steri-Strips on all of your incisions, as well as, covering dressings. Your first dressing change will be done in the office during your follow-up visit. You can sponge bath after your surgery and start shower after 7 days. Please leave the Steri-Strips in place and they will gradually fall off on their own. After showering a hairdryer can be useful to help dry the Steri Strips.
4. There may be drains from your abdominal incision. Please record the daily outputs. A nurse will show you how to do this before you leave the surgical suite.
5. There will be an abdominal binder, or body contouring garment post-operatively. Please leave this on until your follow-up visit. You may loosen them, or re-apply them as needed.
6. All of your sutures are dissolvable and will not need to be removed.
7. You will be unable to perform any heavy lifting or strenuous exercise for 4 weeks following your surgery. For the evening after your surgery, and the first few days following, gentle walking around at home is encouraged.

8. Please call our office to make a follow-up appointment for 1 week after your surgery.
9. After you leave the hospital, there are a few things to watch during your healing process. If you see any of the following, please call St. Paul's hospital at 604-682-2344 and ask to speak to the plastic surgeon on call:
 - Leg swelling
 - Shortness of breath
 - Redness around your incisions
 - Increase pain in your abdomen
 - Increased pain around your incisions

If you have any questions during your post-operative course, please do not hesitate to contact Dr. Seal, or our office.