

POST OP INDICATIONS-ABDOMINOPLASTY

DR. RAUL LOPEZ CERTIFIED PLASTIC SURGEON

[Items to purchase before or after abdominoplasty surgery](#)

- Surgical pads, large maxi pads, or ABD pads

These will help to absorb any fluid that may be seeping from the incisions or the drain sites. Please keep in mind that drainage from drain insertion sites is typical for the first 72 hours following surgery. You can purchase these at your local pharmacy. These will be provided by us in our office, if you need additional ones you may purchase.

- Stool softener

It is fairly common to get constipated with medications after surgery, we recommend you use a mild laxative. You can purchase;

Ducolax, Miralax, Metamucil, or Peri-Colace or a mild laxative of your preference. These should be started the day after surgery.

- Arnica and Lipo Gel

Lipo Gel is recommended to aid bruising and swelling, you can purchase this product in our office. To aid swelling you can also take herbal supplements with Arnica (Arnica tea) and use them for 2 weeks after surgery. (1 Lipo Gel for \$40 dlls)

- Compression garments

We will provide you with 1 pair of compression garments immediately after surgery. Please plan to purchase an additional pair in the event that your garments become soiled or are uncomfortable. They will need to be worn for 5 days postoperatively. You can purchase these in our office. (1 for \$25 dlls.). It is recommended you purchase these after surgery to have your ideal size.

- Neosporin pain:

You can use this when the drain insertion site becomes uncomfortable. You can apply this ointment liberally on your drain insertion sites as needed should your drain insertion sites become uncomfortable. We will provide you with instructions in case this is necessary.

- Oral Thermometer:

It is important to monitor your temperature after surgery in the event that you feel "feverish" or hot. You have a fever if you have a temperature above 101.5.

PRE-ABDOMINOPLASTY INSTRUCTIONS

- 1 Day before surgery

The day before your surgery, you should hydrate and eat a light meal. Before going to bed, drink a good amount of water!

If your surgery is scheduled for the morning (anytime between 7:00 am and 11:00 am) stop any fluid or food intake at 12:00 am.

If your surgery is scheduled for the afternoon or late afternoon (any time between 12:00 PM and 8:00 PM), stop taking fluids or food 8 hours before surgery. Make sure your last meal is healthy and not too heavy.

Recommended care before your surgery

If you are taking any prescribed medication please advise the doctor beforehand, to see if you may take your medications regularly.

DO NOT take Aspirin at least 5 days before your surgery

DO NOT Smoke a month before your surgery

Suspend any supplements 1 week before your surgery

If you suffer from constipation take a mild laxative 2 days before surgery, DO NOT take laxatives a day before or the day of surgery.

POST-ABDOMINOPLASTY INSTRUCTIONS

CUIDADOS GENERALES

- Take 10 deep breaths per hour for the first 72 hours.
- Drink water! Dehydration can also cause an increase in body temperature. It is important to stay hydrated as surgery can deplete your body of water. A minimum of 64 ounces of water per day is recommended.
- Walk and move! Get up and walk once an hour to keep blood in early ambulation. It is necessary and very important to get up and move out of bed during the day at least every hour for 5 minutes to improve circulation. This is necessary to prevent a blood clot.
- ONLY take your prescription medication or Tylenol® as needed. An increase in pain can cause an increase in body temperature.
- Observe the wound for redness, warmth, discharge (pus), heavy bleeding, severe pain, swelling, discomfort, fever, and openings.

MANTÉNGASE EN COMPAÑÍA DE ALGUIEN

- After surgery, have an adult available to stay with you for the first 24 to 48 hours, as you will be weak and drowsy.
- The first days when walking and going to the bathroom, keep in the company of a family member, if you need to climb stairs you can do it with the help of someone.
- It is recommended when bathing to have a plastic chair to use in case you feel weak. If you lose consciousness, keep the patient lying on their side. Once you regain consciousness, you can have some drinks or Gatorade, Coke, or anything with sugar or electrolytes to stay hydrated.

REST

- It is recommended to stay most of the time in bed rest, during the first week, however it is very important to get out of bed every hour during the day for at least 15 minutes to eat, walk a little and go to the bathroom, when walking you should lean forward a little.
- During rest, perform isometric exercises (contraction and relaxation of the calf muscles), to promote circulation.

If you performed a fat transfer butt lift (BBL),

- When sitting you should do it in a 90 ° position,
- Do not feel supported by the upper part of the glutes, nor lean forward.
- You must lie down alternating both sides avoiding lying on the buttocks and abdomen.

POSTURE WHEN SLEEPING AND SITTING

- Don't sleep on your stomach
- Change positions frequently, change sides every 30 minutes during the day.
- While resting in bed, keep a pillow under your legs for elevation and at least 2 or 3 pillows behind your back. This position (reclining chair position) minimizes stress on your new abdominal closure.
- Sleep on your back with your hips flexed in a reclining chair position. Keep your head elevated about 30 degrees and keep your knees slightly bent. These instructions help improve the quality of your scar. Sleep in this position for 3 weeks.
- If you had a BBL (butt augmentation), maintain a posture as close to 90 degrees when sitting. When sitting, if you feel the need to lean forward to avoid scar tension, be careful with your posture, you can hurt your back with poor posture.
- Avoid hunching your back too much

WALKING

- Getting out of bed early and often after surgery (with help) is important to prevent postoperative problems. It's good to get up every hour to walk to the bathroom and back. This stimulates blood flow through the legs to reduce the chance of blood clots.
- It is important to walk slightly "stooped" (bent at the hips) for 7 to 10 days to release tension on the suture lines.
- Over time, you will notice that you can stand taller each day. By day 10, you should be able to walk straighter.

IF YOU FEEL LACK OF BREATHING, SWELLING IN YOUR LEGS AND / OR PAIN IN YOUR LEGS AT ANY POINT OF YOUR POSTOPERATIVE HEALING, PLEASE CONTACT US AS THIS COULD MEAN A BLOOD CLOT.

DRAIN

The drain must always be kept with the flat knob, so that the suction works, every time it is half full (blood or air) it must be emptied, this is done:

DRAIN CARE

- 1.- Uncover the knob at the top.
- 2.- You must measure the quantity and write down before the reservoir is half full and write down the quantity on the drainage record sheet.
- 3.- Empty completely
- 4.- Compress the reservoir to remove the air and place the cap so that the vacuum is maintained. It is recommended to fasten the knob on the pantyhose straps

COMPRESSION GARMENTS

- If you were provided with a pair of compression stockings, keep them on for 5 days after surgery. They can be removed when showering and reattached after showering. You can also purchase additional compression stockings online or Target® if needed to have an extra pair in case the ones provided at surgery get dirty. (This is optional).
- When purchasing compression stockings, make sure the compression is moderate, not too tight or too loose, but provides adequate compression for your weight and height.

BATH TIME

- It is recommended to take a shower the day after surgery. The wound should be uncovered during bathing and washed with soap and water. Take off all your clothing, tape, and gauze (including the yellow sticky gauze) when you shower.
- Make the shower quick with lukewarm water.
- Avoid water pressure directly on the wound; the pressure of the water on the incision can be painful. Let the water hit your back and drip forward.
- You can use a cup or bowl to splash the surgical area with water while you shower. You can wash the surgical area with soap (any type) and water (warm, never hot). Do not use surgical soaps to wash the area, as they dry out the skin. Use ordinary soap.
- **Make sure someone is with you for your first shower.** It is normal for the place where the drain enters to have secretions, so it is necessary to place a gauze around the hose, changing it each time it gets wet.
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- When you are out of the shower, dry the incisions in a cool place and apply new gauze pads along the surgical area to cover the incisions and the usual compression garments. The gauze will remain wound while you are having a discharge Put your girdle or compression stockings back on
- The gauze will be changed as many times as necessary to keep the wound dry.

EXERCISE AND PHYSICAL ACTIVITY

- Do not exercise and / or physical effort for the first 6 weeks.
- Avoid having sex for the first 2 weeks.
- Do not lift anything that weighs more than 15 pounds. during the first 6 weeks.
- Exercising the abdominal muscles for 6 weeks after surgery is not advised to protect the abdominal wall plication suture.
- You can start swimming 8 weeks after the operation if the healing is complete.
- You can resume office work 10-15 days after surgery.
- DO NOT SMOKE for at least 2 weeks after the operation.
- Avoid alcoholic beverages while taking the antibiotic.
- The beginning of the effort of physical activity should be gradual.
- You can drive up to 10-15 days after your surgery.

FOOD:

- Do not wait until you are thirsty, before each meal have a glass of water.
- Avoid eating junk food and eat 3 times a day (you can have fruit between meals).
- A light diet is best after surgery. Start by drinking liquids slowly and progress to soups or gelatin. You can start a regular diet the next day.
- Drink plenty of fluids, it is important to stay hydrated as the surgery can deplete your body of water. At least 2 liters of water a day is recommended.
- If you suffer from constipation, we recommend foods rich in fiber (plum, All Bran, papaya) or take a mild laxative.
- DO NOT OVEREAT

PAIN AND PAIN MEDICINE

- Take your prescribed medication as directed on the prescription.

If your pain is mild, you can take 500 mg of Tylenol® (acetaminophen) every 6 hours. Do not exceed more than 3000 mg in a 24 hour period.

You can take a mild laxative to prevent constipation.

MEDICINE

Take the antibiotic and pain reliever as directed in the prescription. The antibiotic will continue until the drain is removed or until directed by Dr. Lopez.

- In case it is necessary to also take TYLENOL 500 mg every / 6h.
- Do not take aspirin (or products that contain aspirin) for 2 weeks after surgery. Also, do not start taking natural supplements until 2 weeks after surgery. Arnika and vitamin C are fine to take.
- Appetite suppressants should not be taken and are not recommended or indicated. If you want to take them, you can take them up to 6 weeks after surgery, as these supplements increase your heart rate and blood pressure and can interfere with your recovery.
- DO NOT TAKE ASPIRIN.

TRAVELING

If you are an out of town patient and will be traveling home after surgery, it is important that you wear compression stockings during your trip.

After 3 weeks it is recommended to improve your posture when walking and sitting to avoid back pain. Walk straight and sit straight at 90 degrees.

- Wear compression garments when you are on the plane or vehicle make sure you get up every hour to walk and stimulate the blood flow in your legs. You can move your ankles by sitting as if pressing an accelerator to promote blood flow.
- It is safe to fly 10-15 days after surgery, although in some cases it is possible before that time. If Dr. López has authorized him to do so.
- If you experience shortness of breath after a flight or leg pain with extreme leg swelling, visit an emergency department right away to rule out any complications.

WHAT TO EXPECT

- Moderate swelling of your abdomen is to be expected. Your clothes may not fit as well as they used to. Be patient. About 80% of the swelling will be reduced in less than a month. The swelling will begin to subside in the second week. It is common that the inflammation can increase the first 3 months, but it will continue to reduce and improve its result.
- Bruising is a normal expectation after surgery. Bruising may be apparent for up to 3 to 4 weeks later.
- Due to the removal of tissue from the abdomen, some tension is to be expected. This will slowly relax within 6 months.
- Infrequently after surgery, you may have fluid build-up in your abdomen after the drains are removed. If this happens, you will notice a feeling of fullness or sloshing in your abdomen. Please contact our office so we can vacuum it. This is called a seroma.
- A large and swollen pubic area will occur after the operation and will disappear between 2 and 6 months after the surgery.
- Se necesitan 6 MESES para que aparezcan los RESULTADOS FINALES. Mientras tanto, puede notar:

- Incision asymmetry
 - Abdominal asymmetry
 - Umbilical asymmetry or malposition
 - Folds along the incisions
 - Swelling that changes from day to day
 - A large, swollen pubic area
- Be patient and try not to focus on these problems before the 6-month period.
 - In the first two weeks, you will feel a burning sensation, or sharp stabbing pains along the abdomen and the incision line. This is normal and indicates nerve regeneration. These "neuralgias" usually go away before 9 months.
 - Numbness is expected to resolve in an average of 9 months

FOLLOW UP APPOINTMENTS

DAY 1	REVISION #1	REVISION #2
1 day after surgery	1 week after surgery	2 weeks or 10-15 days after
<ul style="list-style-type: none"> ● Bath and light breakfast (for patient) ● Dressing change ● Nurses will teach you how to bathe, sit, lie down, how to care for the drain and your wound. 	<ul style="list-style-type: none"> ● General review evaluation ● Partial removal of sutures 	<ul style="list-style-type: none"> ● Final retrieval of sutures ● Drain retrieval assessment ● Initiation of treatment for healing ● Discussion about endermologie treatment (Post-operative massages)

WEEK #3	REVISION #3	REVISION #4
3 semanas después	6-8 semanas después	3 meses después de cirugía
<ul style="list-style-type: none"> ● Start of Endermologie treatment 2 times a week 	<ul style="list-style-type: none"> ● Review and evaluation for additional care if needed ● First postoperative photographs ● Discussion of results 	<ul style="list-style-type: none"> ● First conversation about results ● Reveal of pre and post operative photographs

MASSAGES / ENDERMOLOGIE

After 2 1/2 weeks or 3 weeks, start Endermologie twice a week.

** (Both treatments are optional, but recommended to improve faster and reduce cellulite).

We recommend that you perform them at our facilities, we have trained personnel for this type of treatment, taking care not to hurt you.

EMERGENCY CONTACT

Please notify us in case of temperature, vomit, loss of consciousness, fever superior to 101,5 or any doubt contact:

Please **CALL** Dr. Lopez

US. CEL DIAL: (011521) 8999362500 Dr. Raul Lopez

US CEL.: (956)4911400 Dr. Lopez

CLÍNICA US DIAL: (01152) 8999225563

CEL MX: 8999362500

CLINIC MX: 8999225563

Office CONTACT

Office's WhatsApp: 8991061060

Patient Name: _____

Date of Surgery: _____

Date	Time	Drain CC

UPCOMING REVISIONS
