



Dana Goldberg MD

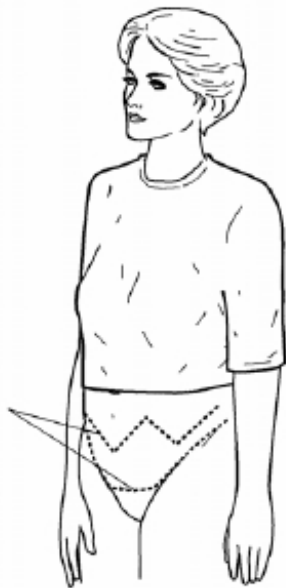
Plastic & Reconstructive Surgery

HOME CARE AFTER ABDOMINOPLASTY

PLEASE FOLLOW THESE INSTRUCTIONS IN ADDITION TO THOSE LISTED ON THE **GENERAL HOME CARE AFTER PLASTIC SURGERY** SHEET YOU RECEIVED.

- THE DOCTOR WILL REMOVE YOUR DRESSINGS AT THE FIRST VISIT AFTER SURGERY.
- IF YOU HAVE DRAINS, EMPTY THEM AS INSTRUCTED.
- RECORD THE AMOUNT OF DRAINAGE AND REAPPLY THE SUCTION 3 TIMES A DAY.
- SPONGE BATHE DAILY UNTIL THE DRESSINGS ARE REMOVED, THEN YOU CAN SHOWER NORMALLY.
- ONCE THE DRESSINGS HAVE BEEN REMOVED, WASH YOUR WOUND WITH SOAP AND WATER AND PAT IT DRY ONCE A DAY. CLEAN AROUND THE DRAINS ONCE A DAY AND REPLACE THE DRESSINGS. IF THE DRESSINGS ARE SOILED, THEY CAN BE REPLACED MORE OFTEN.
- DO NOT LIFT ANYTHING MORE THAN 10 POUNDS FOR 6 WEEKS. THIS INCLUDES CHILDREN AND PETS.
- DO NOT PUT PRESSURE OR WEIGHT ON YOUR ABDOMEN FOR 6 WEEKS.
- WEAR AN ABDOMINAL BINDER, IF PROVIDED, 24 HOURS A DAY UNTIL YOU RETURN FOR YOUR FIRST DOCTORS VISIT AFTER SURGERY.
- WALK IN A HUNCHED OVER POSITION THE FIRST WEEK AFTER SURGERY.

POSSIBLE INCISIONS





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