

Nikesh K Patel MD

New Reflections Plastic Surgery

Post Abdominoplasty Instructions

- ∞ After surgery you will have a post surgical garment that you should wear at all times for the first month. This will help optimize your results.
- ∞ Leave your post surgical garments and dressings in place until you are seen for your first postoperative visit.
- ∞ Take your pain medications as prescribed for the first 24-48 hours and then taper them as necessary.
- ∞ It is important that you remain active during your postoperative period. Get up to go to the bathroom, bathe, and get food. This will reduce the risk of blood clots.
- ∞ Monitor and record any drainage on the record sheet provided. Bring this with you to the office during each visit until they are removed. Usually this occurs within one week.
- ∞ Do not smoke, take aspirin, alleve, naproxen, or other medications (prescription, over the counter, or herbal) that may increase bleeding and bruising or increase your risk for complications. Review your medications with Dr Patel.
- ∞ After your first visit you may remove your garments and dressings for brief periods of time to bathe. Redress your incisions as instructed and inspect them daily for infections and healing.
- ∞ You may lift up to 5 pounds of weight at any given time for about 6 weeks and then progressively increase your activity to normal. Follow specific directions given during your postoperative visits.
- ∞ You should apply moisturizing lotion (such as cocoa butter) to your incisions daily to keep the skin soft and healthy. Discuss more advanced treatments with Dr. Patel.
- ∞ You may experience the following which are normal:
 - Inability to sleep flat or stand up straight immediately. Progressively do this over 1-3 days.
 - Numbness over operative sites. This will resolve in time.
 - Bruising and tightness of operative sites
- ∞ Call the office if you experience any of the following:
 - Shortness of breath
 - Fevers or Chills
 - Foul drainage or odor from the incisions
 - Excessive pain and swelling of any surgical areas
 - Darkening or increase in fluid in your drains

509 Stillwells Corner Road Suite E-5 Freehold NJ 07728
(732)354-3792