

*Bonnie J. Baldwin, M.D.*  
*Aesthetic and Reconstructive Surgery*  
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ABDOMINOPLASTY POST-OPERATIVE INSTRUCTIONS

1. Wear abdominal binder or support garment for 6 weeks after your surgery. It helps support the abdomen and lower back post-operatively and prevents accumulation of fluid.
2. Continue to wear TED hose for 5 days post-operatively as this will decrease the potential for formation of a deep vein thrombosis.
3. If you have a drain in place, you cannot shower until the drain is removed. The drain will be removed when output is less than 30cc per drain within a 24 hour period.
4. You will be restricted from driving for 10 to 14 days following surgery or until your drains are removed, whichever occurs last.
5. You may shower after the drain is removed. Replace support garment immediately.
6. Rest is important in the early stages of healing. Sleep and relax with your upper body elevated at a 45-degree angle and with a pillow under your knees for support. This position eliminates stress on the incision and may reduce swelling.
7. You will have steri-strips covering your incision. During the first 3 weeks, steri-strips are changed at each post-operative visit. Sutures are placed under the skin and may not be visible except for the tail ends which extend from knots at various points of the incision. At your three week post-op visit the steri-strips will be removed and the suture ends will be trimmed.
8. Bruising will be visible after your surgery. This is normal and may be present for 7 to 10 days.
9. Avoid exercising for **6 weeks** as this may contribute to bleeding and increased swelling of tissues. However, periodic light walking is important as you recover. Walk for about 10 minutes indoors every 2 hours. After the drains are removed you can walk outdoors.
10. Take your medication as prescribed. You can also incorporate a daily multi-vitamin.
11. You will be required to follow-up in our office after surgery to monitor your progress and to ensure the best result possible
12. Please immediately report an elevation in temperature, sudden swelling or discoloration of the surgical site, excessive bleeding or discharge from the incision or any signs of infection.

**We want your aesthetic surgery experience to be a positive one. Should you have further questions please contact the office during office hours, Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. The answering service will direct your call to Dr. Baldwin or her associate.**