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Patient instructions **After Surgery:** **Abdominoplasty Surgery**

1. Ambulate with cautious assistance to the bathroom.
2. Report any drug reaction (swelling, rash, itch, fever, nausea, vomiting).
3. Report any excessive swelling or pain immediately.
4. Call the office if you have:
 - a. Severe pain not responding to medication.
 - b. Increase or sudden swelling, severe bruising or more pain on one side than the other.
 - c. Temperature.
 - d. Shortness of breath.
 - e. Chest pain.
 - f. Bad Headaches.
 - g. Repeated vomiting.
 - h. Muscle pain in calves or excessive ankle swelling.
5. Ambulate with assistance on the evening of surgery. If you are in bed awake, move your legs and feet to prevent blood clots.
6. Do not disturb your dressing unless so advised.
7. Call the office the morning after surgery to report your condition and make your post-operative appointment.
8. Take no aspirin or ibuprofen containing compounds for 14 days following surgery. Tylenol is okay.
9. No driving while taking medication.
10. Do not expose bruised area to sun as this may result to discoloration or permanent pigmentation problems.
11. Avoid alcohol until antibiotics and pain medication are finished and your doctor approves.
12. You may shower post-operatively with assistance. Do not sit submerged in tub.
13. Sutures will be removed in approximately 7 to 10 days following surgery.
14. It is not unusual to gain 5 to 10 pounds the first few days after surgery. The body will eliminate this fluid retention spontaneously.
15. Bruising and swelling in, above, and below the operative area is normal.
16. Patients having suction of the thighs may find it more comfortable to stand while voiding or at least pad the seat.
17. Keep your feet elevated when seated. Walking is encouraged post-operatively. Rhythmic exercises such as swimming or bicycling can begin in 3 weeks. Vigorous exercises such as jogging and aerobics should not be resumed until 4-6 weeks after surgery.
18. Treat nausea early. Swallowed mucous can upset G.I. tract easily. Retching or vomiting may increase swelling or bleeding.
19. No alcohol intake while taking medication.
20. DO NOT SMOKE. Smoking causes poor circulation. Starving tissue leads to infection, scarring and wound healing problems.
21. Two weeks after surgery, you may begin massaging your abdomen and scars with Aquaphor healing ointment if your doctor approves.
22. Do not use any antibacterial ointments or salves unless prescribed by your doctor.

I have received and understand the discharge instructions provided to me.

Patient's Signature

Date