



ABDOMINAL PROCEDURE POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Blake Hospital Clinic

M-F 8 am- 4:30 pm

941-567-2876

Cosmetic Surgery Office

M-F 8am-5 pm

941-926-6553

After Hours Answering Service

941-567-287

WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling of the abdomen or incisions after you get home. Within a few days or weeks, these symptoms will go away. You may have a loss of sensation in your abdominal skin after surgery. Sensation will likely return over time.
- You may need help with your everyday activities for a few days until your pain and swelling decrease.
- Incision scars may take several months to over a year to fade.

ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- Please always remain slightly bent at the waist when walking and lying down.
- While you are healing, LIMIT your physical activities so that you DO NOT stretch your incisions.
- DO NOT do any heavy lifting (greater than 10 pounds), strenuous exercise, or exercise your abdominal muscles for 6 weeks.
- DO NOT drive if you are taking narcotic pain medicines.
- Ask your provider when you can go back to work or start other activities.

SURGICAL SITE CARE

- Check daily for signs of infection (redness, pain, or drainage).
- Leave surgical dressing in place and dry for 48 hours. Then, it is ok to remove dressings and shower.
- Wash the incision daily and pat dry. After showering, please place gauze over incision and keep abdominal binder on at all times.

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- You will have drains in place. Please strip and record these drains as instructed by the nurse in recovery. It is essential that the output is recorded correctly and the amounts are shown to your surgeon at the time of your first follow-up visit.
- DO NOT take baths, soak in a hot tub, or go swimming until your surgeon says it is okay.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- DO NOT apply ice or heat to your abdomen.
- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk of complications and infection.
- You will likely be taking a medication called Eliquis. The purposes of this medication is to prevent blood clots. Please take the medication as prescribed.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling, yellow or green drainage, bleeding, or significant bruising at the incision site(s).
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.
- Shortness of breath or difficulty breathing
- If you notice sudden swelling of your surgical site.

FOLLOW UP

You will be seen several days after your surgery to check the incisions and to ensure your progress. At that time, the drain output will be reviewed, and the drains may possibly be removed. Please remember to bring your drain output records as the decision to remove the drains will be based on the output.

If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.