

# *Preoperative Instructions for Abdominoplasty*

## *Preoperative*

- 1. A preoperative appointment will be scheduled one to two weeks prior to your day*

## *Day of Surgery*

*1. Please arrive at the surgery center 2 hours prior to the surgical start time. During this*

### *Postoperative Week 1*

*1. Your activities will be restricted in order to minimize bleeding, swelling, and separation of your incisions that can result in unfavorable scarring. Swelling may increase the first 48 hours before it starts to diminish.*

*a. Do not lie on your stomach, either side, or on your drains after surgery. Lay in a recliner or keep your chest/head elevated on pillows. A flexed position should be maintained for two weeks while resting and walking to prevent wound separation.*

*b. Do not push, pull, lift, climb, or do any strenuous activity, as this will elevate your blood pressure which may increase bleeding/bruising. In addition, these activities will lead to wound separation and prolong your recovery time secondary to wound healing problems.*

*c. You may apply towel padded ice packs over your dressing for limited periods (15 minute intervals only) for comfort to*

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*may*