BALDWIN PLASTIC SURGERY

2403 Loy Drive Suite 202, Lafayette, IN 47909

765.838.2119

ABDOMINOPLASTY

**Before Surgery**

* Pain medication will be prescribed for use after surgery. It is important that you pick up your medication prior to the day of your surgery. You should not, however, start taking them until after your procedure.
* The pain medication most commonly prescribe is Lortab, Vicodin, and Hydrocodone. If you have had an allergic reaction or trouble with any of these pain medications in the past, please let us know.
* **DO NOT EAT OR DRINK anything for at least 8 hours before surgery. This is very important. Doing so could result in your surgery being cancelled.**

**Day of Surgery**

* Arrive at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Surgical Center at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* You will need to have a responsible adult take you home from the surgery center. You will not be able to drive yourself home. We do not allow you to use public transportation or a taxi service following surgery.
* Please wear loose fitting, front buttoning clothing for ease in re-dressing after surgery.

**After Surgery**

* You will go home in an abdominal binder with a surgical dressing of gauze and tape underneath. This surgical dressing is to stay in place until you see us in the office 5 days after your surgery. You may shower after your dressing has been removed. Under this dressing, white tapes (steri-strips) will be visible on your incisions. You may get these tapes wet. They are there to protect your incisions and should be left in place as long as possible. We will evaluate and replace them if necessary at your post-op visits. Keep your shower short and not really hot, to avoid getting light-headed in the shower.
* Abdominoplasties (tummy tucks) usually have a moderate amount of postoperative discomfort due to the sewing of the abdominal muscles together. In addition to taking your pain medication, keeping yourself in a partially flexed position (knees slightly bent toward your chest) when resting in either a chair or bed is very helpful during the first week after surgery.
* You will have either one or two drains after surgery. They will be removed when the drainage is sufficiently low. It will be important for you to record their individual output for a 24 hour period each day following surgery until they are removed.
* Get up and walk periodically even in the first few days after surgery. This will help you breathe deeper and ultimately feel better. Judge your activity level on how you are feeling. You will tire more easily than expected, even up to one month after surgery.
* Do not submerge your incision in a bath tub or hot tub/Jacuzzi until 1 month after surgery. By this time, your drains will have been removed and the incision healed adequately to prevent internal contamination.
* You are to continue wearing your abdominal binder for 3-4 weeks after surgery. As these binders have a tendency to ride up, it is important to keep them repositioned low over the hips so some pressure can be maintained over the incision site.
* Numbness of the abdominal skin is to be expected and complete return of feeling may take up to 6 months after surgery. During this period, exposure to heat (e.g., hot tubs, heating pads) should be done with this consideration in mind to avoid potential burn injuries.
* Avoid exercise and heavy lifting for 6 weeks after surgery. Abdominal stress and abdominal specific exercises can be resumed 8 weeks after surgery.

Dr. Baldwin and his fully experienced plastic surgery staff are devoted to providing top quality care for their plastic surgery patients. Utilizing safe and proven techniques and technologies, Dr. Baldwin is able to help his patients achieve pleasing results. The safety, comfort and satisfaction of his patients are Dr. Baldwin’s primary concerns and he makes every effort to try to ensure that their experiences are positive ones.

Dr. James D. (Sam) Baldwin

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