

## **MICHAEL J. LEE, M.D.**

*SPECIALIZING IN THE ART OF REFINEMENT AND REJUVENATION*

676 N St.Clair, Suite 2010  
Chicago, IL 60611

T: (312) 926-5800  
www.michaeljleemd.com

### **POSTOPERATIVE INSTRUCTIONS ABDOMINOPLASTY**

#### **CARE OF INCISION**

Steri-strips and gauze pads will be placed on the incision. It is normal for the steri-strips to have some blood on them. If the gauze pads are soaked, you may change them for new gauze.

Clean the belly button with soap and water to remove dried blood and place Neosporin or Vitamin A and D ointment 3x/day for three days. Cover with a bandaid.

IF YOU NOTICE A RASH OR ITCHING AROUND YOUR STERI-STRIPS, PLEASE CALL MY OFFICE. YOU MAY BE ALLERGIC TO THE STERI-STRIPS.

AFTER 24 HOURS: Remove the gauze pads 24 hours after surgery. You may wash the incision with soap and water gently. NO BATHS, SWIMMING POOLS, LAKES for two weeks after surgery.

THREE DAYS: Stop ointment to the belly button.

ONE WEEK: Sutures are removed from the belly button and the suture knots are removed from the ends of the incision.

TWO WEEKS: Steri-strips will be removed two weeks from surgery. If they fall off before, this is not a problem. > TWO WEEKS: Neosporin Scar Solution/silicone tapes should be placed on the incision 20 hours/day for six weeks.

#### **PAIN MEDICATION**

NORCO 5/325 one to two tablets every four to six hours as needed for pain. Do not exceed 4 grams of acetaminophen in a twenty-four hour period.

**DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH BECAUSE IT WILL CAUSE NAUSEA AND VOMITING. TRY CRACKERS, BREAD OR YOGURT IF POSSIBLE.**

If you are allergic to codeine, DARVOCET or DARVON can be prescribed.

Constipation can be a problem. Start stool softeners as needed. COLACE will be prescribed.

If the pain medication is not adequate, call the office and we can increase the dosage.

### **DRAINS**

The nurse will teach you how to empty the drains before you leave. You will need to empty the drains twice a day and record the output. You can pin them to the inside of your clothes.

You may shower with the drains and pin them to a terry cloth belt or ribbon around your neck.

**SEVEN TO TEN DAYS:** The drains typically stay in seven to ten days until the output is less than 20 cc/24 hours.

### **ACTIVITY**

You are encouraged to move as much as you need after surgery. You will feel most comfortable when you lay down with a pillow underneath your knees and a couple of pillows behind your head. There is no exercise or heavy lifting for two weeks.

**ABDOMINAL BINDER** may be worn for comfort. Take care to not place the binder too tightly. If you had liposuction, the binder may help decrease some overall swelling and should be worn for the majority of the day for two weeks.

**TWO WEEKS:** You can begin brisk walking and upper extremity exercises. No lifting heavier than 5 lbs. Removal of binder if you have had major liposuction.

ONE MONTH: You can start biking and lifting 10 lbs.

SIX WEEKS: No restrictions. May start sit ups and any exercise.