

POST-SURGERY INSTRUCTIONS: ABDOMINOPLASTY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3 to 6 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for following tummy tuck surgery include:

Tightness and stiffness in abdomen. Bruising, swelling and redness. Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Skin firmness, hypersensitivity or lack of sensitivity. This is normal and will gradually resolve over time.

Shiny or itchy skin. Swelling can cause the skin in treated areas to appear shiny. An antihistamine like Benadryl can alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry: both sides of your body heal differently. One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen region anywhere on your abdomen or bruising that is localized to one specific point of the abdomen.**

To alleviate any discomfort, and to reduce swelling, you may apply soft, cool (not cold) compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply anything frozen directly to the skin. Apply cool compresses for no longer than 20 minute intervals.

FOR THE FIRST WEEK

Whether you are released after surgery or after an overnight stay in a recovery center or hospital, you will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Do not stand fully upright.** Standing upright could greatly affect your results and could cause serious injury. A walker or crutches may be used if you require assistance.
- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed.
- **Change your incision dressings.** Your incisions will seep fluid and some blood for a short time after surgery. Keep dressings clean and dry. Do not remove steri-strips. Apply 4x4 gauze pads over your incisions and replace as needed. **Continue to wear compression garments over the gauze.** If you have a drain placed in your incisions, carefully follow the instructions for drain care and record drained fluid on the **Drain Care Instructions and Log**.
- **Wear your compression garment or elastic wraps around the clock.** Follow the instructions specifically, and only remove any compression to shower or to empty any drains.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift, push or pull anything. Take care of no one, let others tend to you.

AFTER THE FIRST WEEK

During this time you will progress with each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit.

- **Continue to cleanse wounds as directed. You may shower.** Take a warm, not hot shower. Do not take a bath. Do not remove any steri-strips. Do not rub your incisions. Apply a fragrance-free moisturizer to the surrounding skin, but not on your incisions. Use mild soap, you can gently clean incision areas.
- **Take medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescriptive pain medication to acetaminophen or ibuprofen. You may resume aspirin products, tea and supplements.
- **Continue to wear your compression garment as directed.**
- **Ease into an upright position.** You may slowly begin to stand taller each day as the tummy region continues to heal.
- **Begin scheduled lymphatic drainage and massage therapy.** This can help soften any firmness or contour irregularities.
- **Do not resume any exercise other than regular walking.** Walking is essential every day to prevent the formation of blood clots.
- **Do not smoke. Do not drink alcohol.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Practice good sun protection.** Do not expose your abdomen to direct sunlight. If you are outdoors, apply at least SPF 30 to the abdomen no less than 30 minutes prior to sun exposure and protective clothing. The skin of your abdomen is highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Once steri-strips come off and scars are healed over** without any crusting or scabbing, you can start to use a silicone based scar cream such as Silagon.

ONE MONTH FOLLOWING SURGERY

Healing will progress and your abdominal region will settle into shape and position.

- **You may ease into your regular fitness routine.** However, realize that your body may require some time to return to prior strength.
- **Discomfort or tightness and tingling of the skin will start to resolve.**
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red, thickened or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after surgery.
- **A one-year post surgery follow-up is recommended.** However, you may call our office at any time with your concerns or for needed follow-up.
- **Your appearance will change with age.** The appearance of your body will change too. Although the outcomes of a tummy tuck are generally permanent, any significant weight gain or loss, pregnancy as well as the normal influences of aging can cause changes to your appearance. you may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

POST-SURGERY INSTRUCTIONS: Liposuction

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 6 to 9 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for following liposuction include the following:

Tightness and stiffness in treated areas. Bruising, swelling and redness. Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Skin firmness, hypersensitivity or lack of sensitivity. This is normal and will gradually resolve over time.

Shiny or itchy skin. Swelling can cause the skin in treated areas to appear shiny. An antihistamine like Benadryl can alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

Asymmetry: both sides of your body heal differently. One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen region anywhere that has been treated with liposuction, or bruising that is localized to one specific point of the lower body.**

FOR THE FIRST WEEK

Whether you are released after surgery or after an overnight stay in a recovery center or hospital, you will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Good nutrition.** Fluids are critical following surgery. Stick with non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed. If you wish to take non-prescriptive medications, take ONLY Tylenol.
- **Change your incision dressings.** Your incisions will seep fluid and some blood for a short time after surgery. Keep dressings clean and dry. A cotton swab with peroxide is appropriate for cleansing incisions. Do not remove any steri-strips even if they are over stitches. Replace dressings as needed. If you have a drain placed in your incisions, carefully follow the instructions for drain care and record drained fluid on the **Drain Care Instructions and log**.
- **Wear your compression around the clock. Shower daily with soap and water to all the areas where the surgery was performed.** Follow the instructions specifically removing any compression wraps only to to cleanse your incision or to empty any drains. **Take compression garments off daily to check for any skin irritation, skin discoloration (darker areas). If you see anything concerning, call the post-op nurse or the office.**
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift, push or pull anything. Take care of no one, let others tend to you.

AFTER THE FIRST WEEK

- **Continue to cleanse wounds as directed. You may shower.** Take a warm, not hot shower. Do not take a bath. Do not remove any steri-strips. Do not rub your incisions. Apply a fragrance-free moisturizer to the surrounding skin, but not on your incisions. Use mild soap, you can gently clean incision areas.
- **Take medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescriptive pain medication to acetaminophen or ibuprofen. You may resume aspirin products, tea and supplements.
- **No sun exposure.** If you plan to go outdoors, use sun protection including wearing protective clothing. Avoid any direct sun exposure.
- **Do not smoke. Do not drink alcohol.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear your elastic wrap or compression garment as directed.** This is essential for your skin to conform to new contours. If your skin does not conform, revision procedures to reduce excess skin may be recommended.

ONE MONTH FOLLOWING SURGERY

Healing will progress and your body will settle into shape and position.

- **You may ease into your regular fitness routine.** However, realize that your body may require some time to return to previous strength.
- **Discomfort or tightness and tingling of the skin will start to resolve.**
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue healthy nutrition, fitness and sun protection.**
- **Your scars will continue to refine.** If they become raised, red, thickened or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after surgery.
- **A one-year post surgery follow-up is recommended.** However, you may call our office at any time with your concerns or for needed follow-up.
- **Your appearance will change with age.** The appearance of your body will change too. Although the outcomes of liposuction are generally permanent, any significant weight gain or loss, pregnancy as well as the normal influences of aging can cause changes to your appearance. you may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

Post Operative Labiaplasty

Incision Care

You may shower the day after surgery. No bath or soaking of area.

Pat incision area dry.

Wear absorbent pads for any drainage. A small amount is normal.

Place clean, dry dressings (soft gauze) over incisions to wick away moisture and to prevent irritation from undergarments.

What to Expect

There will be swelling and possible discoloration for 1-2 weeks.

There may be numbness initially around the area.

There may be postoperative pain.

Appearance

Improved contour with less excess tissue in the labial area is evident immediately.

Incision sites and subsequent scar will be reddened for 3 months and then gradually fade.

The scar is at the base of the labia minora.

Activities

Walk as soon as possible to lower swelling and chance of blood clots.

Do not drive until you are no longer taking narcotic medication

No sex for six weeks, then resume as comfort permits.

Follow Up

The sutures used will dissolve with washing.

When to Call

If you have an oral temperature greater than 100.5 deg.

If you have persistent severe pain not relieved by medication.

If swelling and redness persist after a few days.

If you have increasing drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.



Cosmetic Surgery
ASSOCIATES

POST-SURGERY INSTRUCTIONS: LIPOSUCTION WITH FAT GRAFTING TO THE BUTTOCKS

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 6 to 9 months.**

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TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for following liposuction include the following:

Tightness and stiffness in treated areas. Bruising, swelling and redness. Tingling, burning or intermittent shooting pain. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Skin firmness, hypersensitivity or lack of sensitivity. This is normal and will gradually resolve over time.

Shiny or itchy skin. Swelling can cause the skin in treated areas to appear shiny. An antihistamine like Benadryl can alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

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FOR THE FIRST WEEK

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- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, caffeine-free and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
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- **Wear your compression around the clock.** Follow the instructions specifically removing any compression wraps only to to cleanse your incision or to empty any drains.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift, push or pull anything. Take care of no one, let others tend to you.
- *******Do not sit for 4 weeks. When sitting is necessary, lean as far forward as possible.**

AFTER THE FIRST WEEK

- **Continue to cleanse wounds as directed. You may shower.** Take a warm, not hot shower. Do not take a bath. Do not remove any steri-strips. Do not rub your incisions. Apply a fragrance-free moisturizer to the surrounding skin, but not on your incisions. Use mild soap, you can gently clean incision areas.
- **Take medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescriptive pain medication to acetaminophen or ibuprofen. You may resume aspirin products, tea and supplements.
- **No sun exposure.** If you plan to go outdoors, use sun protection including wearing protective clothing. Avoid any direct sun exposure.
- **Do not smoke. Do not drink alcohol.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Continue to wear your elastic wrap or compression garment as directed.** This is essential for your skin to conform to new contours. If your skin does not conform, revision procedures to reduce excess skin may be recommended.

ONE MONTH FOLLOWING SURGERY

Healing will progress and your body will settle into shape and position.

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YOUR FIRST YEAR

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