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**For emergencies only:
Pager-XXX-XXX-XXXX**

**PRE OPERATIVE: DO NOT WEAR JEWELRY OR APPLY ANY MOISTURIZERS
TO THE ABDOMINAL AREA**

POSTOPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY

1. Bed Rest for Twenty-four (24) hours. You may get up to go to the bathroom only.
2. You may use ice packs as needed for pain.
3. You may also use Tylenol or prescribed pain medicine as directed.
4. **After your surgery consume at least 8 large glasses of water a day. Also maintain a well balanced diet of at least 2000 calories per day. This will promote healing and faster recovery.**
5. The day after your surgery: remove the compression garment and gauzes. Do not remove the yellow gauze that is directly over the incisions. This acts as an artificial scab. Once the yellow gauze begins falling off, take a scissors and clip the portion that is hanging loose.
The day after your surgery: you may shower (no bathtub) with soap and water, avoiding a direct hit on the incision. After your shower, cover the incision with antibiotic ointment and gauzes then replace the compression garment. **If you have steri-strips (little white tapes) over any portion of your incisions, do not put antibiotic ointment on this area and do not remove the steri-strips.**
6. No vigorous activity or exercise.
7. Keep pillows under the knees and sleep in a semi-sitting position for about a week, supporting your upper body with pillows also.
8. If there is fever above 100 degrees or if there is excessive bleeding, contact Dr. Milan.
9. If there are drains, empty them and renew the suction every eight hours Please record the volume. The nurses will show you how to operate the drains. Call with any questions.
10. **No smoking or second hand smoke for four weeks before surgery and four weeks after surgery.**

IF PROBLEMS or Questions arise, PLEASE DO NOT HESITATE TO CONTACT DR. MILAN