

# Dr. Nicholas Jones, MD, FACS

Plastic and Reconstructive Surgeon

## **ABDOMINOPLASTY INSTRUCTIONS**

### PRESURGERY

- Shower night before surgery with Hibclens (should have received from our nurse practitioner)
- Signed consent and given preop and postop instructions
- Fill prescriptions for postop medications (pain, nausea, stool softener, muscle relaxant)
- Good night rest, nothing by mouth after midnight, unless otherwise instructed
- Make sure you have been assigned a time to arrive at the surgery center

### POSTSURGERY

- WALK, GET OUT OF YOUR BED EARLY AND OFTEN (WITH ASSISTANCE) TO HELP PREVENT POSTOP PROBLEMS
- Walk with trunk (abdomen) in “slouched or bent over position to avoid excessive tension on the incision
- Sleep with hips in a flexed position; avoids tension on incision; Elevate head and keep knees flexed
- Take pain medication as instructed
- NO SMOKING, smoking may cause wound healing problems
- Strip and record drainage output at least twice daily, if more drainage will have to record more
- Keep drainage bulbs collapsed
- WEAR ABDOMINAL BINDER OR COMPRESSION GARMENT AT ALL TIMES FOR 4 WEEKS, OK TO REMOVE to shower
- OK to shower 24 hours after surgery, wet incisions, do not scrub until instructed; blot all incisions dry
- Eating after surgery
  - Start with clear liquids, as you may experience discomfort from anesthesia
  - Advance slowly to soft diet for first 3 days; Avoid spicy foods and sugar-free candy
- Resume home medications unless otherwise instructed
- Begin scar treatment after drains and sutures have been removed
  - SEE WOUND CARE INSTRUCTION SHEET FOR GENERAL INSTRUCTIONS
  - Continue scar therapy for 6 months
- OK to massage liposuctioned sites at 2 weeks; focus on any hardened areas and gently massage 6x daily to help soften scar

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Remember, it is vital that you make your initial post-op appointments and be seen by Dr. Jones. He will see you at least once in the first two weeks, then at one month, 6 months and 1 year.

Call to schedule your appointments at 404-400-1230 ext. 127 between the hours of 9:00 – 5pm, Monday to Friday.

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**IF YOU HAVE ANY CONCERNS OR PROBLEMS, PLEASE CALL US IMMEDIATELY. IF IT IS URGENT OR AN EMERGENCY DIAL 911 OR REPORT TO YOUR NEAREST EMERGENCY ROOM.**

If you are not sure, please contact us and schedule an appointment to be seen. There is not such thing as a bad question or concern. We want to make sure you receive the appropriate care; the worst decision is to wait! If it is after business hours, please call our on call hotline at 917-674-2374

Dr. Nicholas Jones, MD, FACS  
Lexington Plastic Surgeons - Atlanta  
1 Baltimore Place, NE  
Suite 400  
Atlanta, GA 30030  
404-400-1230 ext. 127