



Abdominoplasty After Surgery Care:

- Get plenty of rest.
- Drink plenty of fluids.
- Do not lift anything heavier than 10 lbs. for 6-8 weeks after your surgery.
- Start walking short distances as soon as possible after surgery.
- Do not drink alcohol for 1 month after surgery and while taking pain medications.
- Take your dressing off the first day after surgery. Follow the instructions given to you at your pre-op appointment for how to care for your surgical incisions.
- If you have drains, nursing care will be organized prior to discharge to help care for them. Your drains will be removed when the drainage output is minimal. This can take up to 7 days, but sometimes longer.
- You can get into a shower when your drains have been removed. Until then, just sponge bath. It is ok to have clean water run over your incisions.
- Change your incision and drain wounds daily using Polysporin and dry gauze. Change more frequently if stained or soiled and follow the wound care instruction sheet given to you at your pre-op appointment.
- Keep your abdominal binder or compression garment on at all times for the first 6-8 weeks.
- Sleep with your head elevated and a pillow under your knees until you are comfortable lying flat on your back.
- Dr. Yazdani and/or his surgical staff will see you one week after surgery to remove any sutures and guide you on next steps for your recovery.

Call the office if the following occur:

- If you have increasing swelling.
- If you develop redness that persists or worsens after a couple days.
- If you have pain that is worsening or not relieved by medication.
- If you develop a fever or chills.
- If you have yellow, green or white drainage or notice a foul odour.
- If you have tissue that turns dark purple or black.
- If you have bleeding that is not controlled with light pressure.
- If you have any questions or concerns about your conditions.

Contact information:

- Dr. Yazdani's office: 519-601-4554 (if during regular business hours)
- Victoria Hospital 519-685-8500 (if after regular business hours) and ask for the plastic surgery resident on call.
- In case of emergency, please go to your local emergency department

Wound Care Instructions

After surgery, you will need to take care of your incision(s) as it heals. Doing so may limit scarring, may help you avoid pain or discomfort, and may help lower the risk of potential post-operative complications such as infection.

Dr Yazdani will use stitches to close your incision. And you will need to keep the area clean, change the dressing according to our instructions, and watch for signs of infection.

Changing a dressing:

Before you start, make sure you have all the required supplies (gauze pads, Polysporin, tape and scissors).

1. Prepare supplies by opening the gauze packages and cutting to appropriate size if needed.
2. Wash and dry your hands.
3. Loosen the tape around the old dressing.
4. Remove the old dressing.
5. Clean the incision if your doctor told you to do so.
6. Inspect the incision for signs of infection.
7. Pat incision dry and apply Polysporin.
8. Hold a clean, sterile gauze pad by the corner and place over the incision.
9. Apply tape to the gauze pads to hold in place.
10. Put all old dressings in a plastic bag and dispose of in garbage.
11. Wash hands.

Cleaning an Incision

To clean the incision:

- Gently wash it with warm water to remove the crust.
- Do not scrub or soak the wound.
- Do not use rubbing alcohol, hydrogen peroxide, or iodine, which can harm the tissue and slow wound healing.
- Air-dry the incision or pat it dry with a clean, fresh towel before reapplying the dressing.

In addition to these, you may be given special instructions for taking care of the incision. Be sure to follow those instructions carefully. If you are confused by the instructions or you have a question, please contact our office.