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POST OPERATIVE INSTRUCTIONS ABDOMINOPLASTY

1. Do not sign any legal documents or make any important decisions in the next 24 hours.
 2. You may NOT operate any machinery or drive a vehicle for 24 hours after your surgery.
 3. You may NOT drink any alcoholic beverages for 24 hours after your surgery.
 4. We suggest that you start off with something light such as soup or dry toast. Advance to regular diet as tolerated. If you had liposuction AVOID salty foods they make you swell more.
 5. You are advised to rest today and stay off your feet. You may continue normal activity as directed by your doctor.
 6. Take medications only as directed. Please see any additional instructions below. Resume previously prescribed medications at home.
 7. Call your doctor if you have any questions or concerns, or if your temperature goes up to 101 F or higher, or if signs of infections are observed, such as redness, swelling or drainage from your area of surgery.
 8. We suggest that a responsible adult be with you for the rest of the day and during the night for your protection and safety.
 9. You may shower/bath/wash your hair as directed by your doctor. Do not get any bandage/garment wet.
 10. If you should experience bleeding that is excessive, persistent nausea or vomiting, pain that is unusual, swelling or fever, please call your physician. If unable to reach your physician, go to the nearest hospital emergency room.
- **Keep abdomen and knees flexed**
 - **Keep abdominal binder in place**
 - **Use pillow to splint abdomen and support with movement and coughing**
 - **Empty drains and record amount**
 - **If your drain becomes clogged, strip the drain as shown**
 - **No lifting more than 5 – 10 pounds for 6 weeks after surgery**
 - **Remove foley catheter with 10 cc syringe in am**
 - **If you do not urinate after 8 hours of removal, call MD or go to nearest ER**
 - **It is normal to ooze pink fluid after liposuction**
 - **If you had foam placed with liposuction, make sure it lies flat**

Take pain medicine every 4-6 hours
Take antibiotic as directed
Take anti-nausea medicine as needed

Please call to make your follow up appointment, and do not hesitate to contact Dr. Fazilat at anytime for any other questions. 650-964-2200.