

# Lufkin Plastic Surgery

## POST-OP INSTRUCTIONS

### ABDOMINOPLASTY

#### **PATIENT LABEL:**

Compress the bulb and replace the tab every four hours, then record the output. Empty the drain every eight hours. It is very important to keep up with the output. This will help Dr. Strinden determine when the drain can be removed.

Call if the abdomen becomes increasingly swollen, red, and or sore. Office 637-1145 or after hours please call Memorial Medical Center 634-8111 and have Dr. Strinden paged even if they say he is not on call.

You may leave the dressing on or change it if you choose.

Call if there is dark red blood with a lot of clots flowing into the drain and bulb.

Please take all medications as directed. Only take pain medication if needed and as directed. If you seem to suffer from nausea and or vomiting please call office. This can be eliminated with medication. It may possibly be the antibiotic and or the pain medicine.

No alcohol for at least twenty-four (24) hours after your operation or if you are taking pain medications.

**No heating pads.**

No showers or tub baths until the drain is removed. **Sponge baths only.**

Return to the office on Monday.

Remember that a question not asked is a question not answered. Do not feel that you have a silly question if it is a concern to you.

**BE PATIENT!**

Physicians Signature \_\_\_\_\_