

Lufkin Plastic Surgery

POST-OP INSTRUCTIONS Mini-Abdominoplasty with Liposuction

PATIENT LABEL:

No showers until the drain is removed. **Sponge baths only.** No tub baths until sutures are out.

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.

Call for increasing pain, redness, and or swelling. These are possible signs of infection. Office 637-1145 or after hours please call Memorial Medical Center at 634-8111 and ask them to please page Dr. Strinden, even if they say he is not on call.

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

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

No heating pads.

Return to the office on Sunday for drain removal.

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!

Wear compression garment 48 hours before removing, then at all times for at least 6 weeks. You may only come out of garment for shower, and then immediately put it back on. Compression is very important.

Physicians Signature _____