

### **After Surgery**

- You may experience light headedness, dizziness, and sleepiness following surgery. Please do not stay alone. A responsible adult should be with you for the first 24 hours.
- For your safety, do not drive or operate hazardous machinery for 24 after receiving anesthesia or while taking pain medication.
- **No pain medication refills will be issued over the weekend.** Notify the office prior to noon on Friday for any refill authorizations. Please be proactive throughout your recovery process!

**For post-operative questions, please call the main office number (850)654-1194.**

### **Hours of Operation**

Monday-Thursday 7:00 am-5:00 pm  
Friday 7:00 am –Noon

### **After Hours**

Swelling and bruising is normal; however, if you experience a sudden increase in pain, body temperature or collection of fluid, please contact the office at (850) 654-1194. Our 24-hour answering service will get you in contact with us.

**For medical emergencies, please dial 911.**

4485 Furling Lane  
Destin, FL 32541

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[www.ThePlasticDoc.com](http://www.ThePlasticDoc.com)



**DESTIN PLASTIC SURGERY**



**Abdominoplasty**

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## Wound Care

Wound care is an important part of your post-operative recovery. There will be several large pads covering your incision. The pads will help protect the wound. The sutures are absorbable and do not require removal. In most cases, 2 small drains will be placed in your abdomen during surgery. Please record the time and amount of drainage morning and night. The drains will usually be removed about 7-10 days following surgery, they maybe in as long as 2 weeks. You can expect swelling and bruising. This is a normal post-operative finding and will resolve with time.

Swelling and bruising are normal; however, if you experience a sudden increase in pain with swelling asymmetry, temperature greater than 101°F please contact the office.

## Activity

Restrict your activities during your immediate recovery. Do not lift, push or pull anything over 10 pounds for your first week after surgery. This may mean making the proper accommodations for childcare. Short walks every hour will decrease muscle stiffness and promote good circulation. Gradually increase the duration and frequency of your walks as you are able to tolerate them.

Do not return to normal exercise routines until cleared by your physician. Do not do any exercises that target the abdomen for at least 3 months after surgery. As you return to our office for regular post-operative appointments, we can allow you to be more liberal with your activities.



## **Abdominal Binder**

### Garment

The abdominal waist binder that is placed on at the time of surgery is necessary for optimal cosmetic results. The binder should be worn for 4-6 weeks following surgery. The binder is adjustable and can easily be removed to shower or bathe. The binder will also hold your wound dressings in place. Please wash binder as needed to maintain good hygiene. You may wear a thick cotton t-shirt under the binder to increase comfort.

## Before Surgery

- Verify your complete medical history with your physician.
- Stop **ALL** aspirin products, ibuprofen, advil, aleve, motrin, or other nonsteroidal anti-inflammatory drugs at least 2 weeks before surgery. You may resume these medications 1 week after surgery. These medications interfere with bleeding as well as vitamins and many herbal supplements. You may only take Tylenol as needed for pain. Please discuss all current medications with your physician.
- Complete surgery registration downstairs at the Destin Surgery Center front desk. Destin Surgery Center will issue all surgery times and arrival times.
- Have laboratory studies performed as soon as possible.
- Verify the person responsible for your transportation to and from the facility and your post-operative care at home.
- Please notify your doctor immediately if you develop a fever, cough or any other cold-like symptoms prior to your procedure.
- **Do not eat or drink anything after midnight the night before your surgery.**

## Day of Surgery

- Remove ALL jewelry and contact lenses prior to surgery.