



Lipo-Abdominoplasty Post-Operative

Immediately After Surgery

1. Your first post-operative appointment will be the day after your surgery. Please bring your Lovenox injections with you so one of our staff members can inject you with your first dose.
2. The following visit will be scheduled with a surgeon or nurse.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 5 pounds for 6 weeks.
5. You must wear your abdominal binder 24/7 (remove to shower only) until your drains are removed. You then transition to your compression garment.
 - a. Compression garment is worn 24/7 for 1 month after surgery and then at night only for 2 more weeks.
6. TWO drainage tubes are placed underneath the skin at the time of surgery. You must strip, empty and record the drain output EVERY 4 HOURS or sooner if the bulb fills with fluid.
 - a. YOU MUST bring a sheet with a recording of drain outputs to the post-op visits to help your surgeon decide when he can remove your drains.
 - b. For the most part, the first drain is typically removed from 5-7 days after surgery and your second drain is removed 10-12 days after your surgery.
 - c. It is normal to have some bloody drainage in the bulb.
7. Drink water after surgery. You should consume at least 6-8 cups of water (8 oz each).
8. Do not take any aspirin-type products for 4 weeks after surgery. ONLY use the pain medication pre- scribed by the surgeon or Tylenol.
9. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
10. You are only allowed to take a single multivitamin a day.
11. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
12. **Work:**
 - a. Expect to take at least 7 days off of work if you are employed.
 - b. Please limit ALL activities for the first week following your procedure.
13. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least **5 times a day and walk.**

14. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
 - a. Do not take narcotic pain medication (oxycodone) without having some food in your stomach. If not, it can cause nausea and vomiting.
 - b. Take an over the counter stool softener twice a day (Colace for example 100mg BID) while taking narcotic pain medication.
15. **Showering:**
 - a. Start showering 24 hours after surgery and do so once a day.
 - b. You are only allowed to shower for the first 30 days after surgery. Use soap and water to all incisions using a gentle circular motion and pat dry. Do not rub the wounds. Support the drains while in the shower so they don't pull out of the skin.
 - c. Leave the steri strips on while showering. They will fall off on their own over time. You can dry the steri strips with a blow dryer on the cool setting.
 - a. If the Steri Strips do not begin to fall off after 3 weeks you can remove them in the shower. Wet the Steri strips and once the adhesive is weakened you can slowly pull on the Steri strips.
 - d. **You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.**
 - e. After two weeks of your surgery date please place the Silagen Sphere in your belly button and begin applying a small thin amount of Silagen Scar Therapy Treatment gel on your incision.
 - f. Do not place any ointments to the Steri strips. Never use alcohol or peroxide on your wounds as it kills healthy tissue.
 - g. Do not use warm or hot pads on the wounds or abdomen.
16. **Sleeping:**
 - a. Sleep with your back on 2-3 pillows and bend slightly forward to decrease stretch on your abdominal wound.
 - b. You can also sleep in a recliner.

Medications:

You may begin taking your prescribed pain medication, muscle relaxant, antibiotics and nausea medication immediately after your surgery. However, your first dose of Lovenox will be given to you during your post-op visit the day after your surgery (please be sure to bring it with you!)

Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. No sexual intercourse for 4 weeks.
3. Do not drive for 5-7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking oxycodone.
4. All sutures are dissolvable and do not need to be removed.

5. No smoking is allowed 6 weeks before and 6 weeks after surgery.
6. No alcohol for 2 weeks after surgery. Do not consume alcohol while taking pain medication.
7. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
8. Please avoid all direct sun exposure to the wounds for 8 weeks after surgery.
 - a. Start using sunscreen 10 days after surgery (or once steri strips have been removed) every day and use for **1 year** to minimize scarring.
 - b. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
9. You must be seen in the clinic for monthly follow-up visits the first 3 months followed by another visit at 1 year at minimum.
10. It is NORMAL to have bruising and swelling to the surgical area as well as the genitalia. This will gradually improve over several weeks.
11. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.

For **optimal scarring results** Dr. Zuriarrain recommends that you please purchase our **Silagen Scar Therapy System**, and begin using 2 weeks post operatively. Please ask one of our Staff members for more details.

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

What is a seroma?

A seroma is a collection of fluid that builds up under the surface of your skin.

What causes a seroma?

A seroma is caused by an accumulation of excess body fluid after surgery. This typically occurs weeks after the operation. This fluid is produced by your body during the healing process. If your body is unable to absorb the extra fluid that is produced, then the fluid accumulates and causes a seroma.

Can they be prevented?

Although the surgical team does make an effort to minimize the risks of developing a seroma by placing drainage tubes and advising patients to wear compression garments, it is not a guarantee that a seroma will not form.

How often do they occur?

Seromas have an incidence of up to a 38% in all surgical patients.

What are the most common types of surgeries that result in a seroma?

Body contouring (ex: liposuction of the abdomen, arms, thighs, etc.), mastectomy, hernia repair and abdominoplasty procedures

How do you know if you have a seroma?

Typically, after a week or more after surgery you can begin to feel excess fluid when touching your abdomen. This feeling of water in the abdominal tissue is known as a "fluid wave". Literally when you press down on the abdominal skin you will feel the liquid beneath which can produce a wave-like motion. Seromas are rarely painful.

How are seromas treated?

Minor, small seromas do not always require medical treatment. This is because the body's lymphatic system naturally reabsorbs the fluid in a few weeks or months. However, medical intervention is needed for large, expanding or painful seromas. To do this, the doctor will insert a needle into the seroma and drain the fluid with a syringe. This is known as percutaneous drainage and must be performed multiple times in order to drain the excess fluid. If percutaneous drainage is not effective, then a physical drain would need to be inserted.

When to seek emergency medical help?

A fever that exceeds 102 °F, increasing redness around the incision site, rapidly increasing swelling, increasing pain, warm skin on or around the incision, rapid heart rate or difficulty breathing.

Please keep in mind that we do everything in our hands to prevent the formation of a seroma. Unfortunately, guaranteeing that a seroma will not happen is impossible. If during your post-operative process, you begin to develop a seroma you should call our office immediately. If you are an out of state patient, this may require that you return to Miami for treatment or have a local physician near you evaluate and treat the seroma.

In case of emergencies:

For any after-hour **emergencies** please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

1. Baptist Hospital
8900 North Kendall
Miami, FL 33176
786-596-1960
2. South Miami Hospital
6200 SW 73 Street
South Miami, FL 33143
786-662-4000
3. Larkin Hospital
7031 SW 62nd Avenue
South Miami, FL 33143
(305) 284-7500