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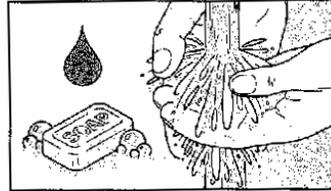
Post-Operative Instructions After Abdominoplasty

- ☞ Take your medications as prescribed.
- ☞ Drink plenty of fluids and try to maintain a high fiber diet.
- ☞ Avoid strenuous activities until you have cleared it with your surgeon.
- ☞ Call your surgeon if you develop a fever higher than 101.5, chills, nausea and vomiting or dizziness.
- ☞ Call your physician if the site of your surgery becomes significantly red and/or swollen.
- ☞ Do not take any Aspirin or Motrin or medication containing aspirin or Motrin for 2 weeks after your surgery, unless instructed by your surgeon.
- ☞ Ambulate several times a day to promote the circulation in your legs.
- ☞ If your calves become painful or you have significant swelling in your legs, please notify our office.
- ☞ Do not drive while taking narcotic pain medication or experiencing significant pain. When you drive you should be able to react to unforeseeable situations without hesitation.
- ☞ Call our office at 860-722-9544 to schedule your follow-up appointment.
- ☞ If you have one or more drains;
 - Empty the drains as often as needed to maintain a vacuum at all times.
 - Record the amount of fluid in each drain separately.
 - Strip the drain tubing a few times a day or as needed to clear it of blood clots.
- ☞ Sleep with your head elevated on two or three pillows.
- ☞ Keep the abdominal binder on as much as possible. It should cover the lower abdominal area.
- ☞ No lifting for 6-8 weeks.
- ☞ Perform deep breathing exercises every hour while awake.
- ☞ You may remove the pain pump and the tubing after the container is empty. It can be discarded.
- ☞ 48 hours after surgery you may remove all the dressing down to the tape on the skin and shower. After the shower you may apply a dry gauze dressing over the incisions for comfort.
- ☞ You may use an over-the-counter stool softeners, if needed.

Catheter Removal Instructions for PainPump*

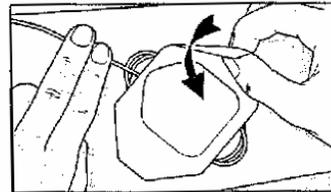
*Stryker Instruments as a manufacturer does not recommend specific technique or instruction. It is the responsibility of the physician to determine the appropriate removal instructions.

1. Before proceeding, ensure your doctor has approved these instructions and has signed below.
2. Wash your hands with soap and warm water.
3. Remove the dressing and any tape or additional dressings used to secure the catheter. **DO NOT** cut the catheter.

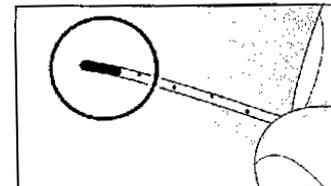
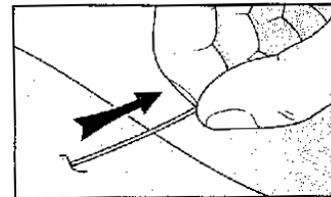


4. Assume a relaxed position.
5. Firmly grasp the catheter near the insertion site, then gently pull the catheter to remove.

NOTE: The catheter should come out easily. However, if you feel resistance or discomfort during removal, **STOP** removing the catheter in order to prevent stretching or breaking the catheter. Lightly tape the dressing to your skin and contact your doctor for further instructions.



6. After you remove the catheter, carefully inspect its tip for either a black or blue marking. If there is no marking at the tip, contact your doctor.
7. You might notice a small amount of drainage from the site after the catheter is removed. Swab the area with alcohol and cover with a bandage or gauze. You do not need to use ointment or antiseptic unless your doctor has instructed you to do so.
8. Contact your doctor if you notice redness, warmth, pain, or swelling near the catheter site.
9. Discard the pump and tubing. It cannot be used again.



Pain Pump Info-line

1-877-848-5756

Specialties of Plastic Surgery