



Kavali
Plastic Surgery

ABDOMINOPLASTY- POSTOPERATIVE INFORMATION

You have just had a delicate operation on your abdomen. The following information is intended for your well being and will assist you during your recovery period. It is not a substitute for our personal attention or interest in you. In fact, each operation receives special and individual thought. If you have any questions, please do not hesitate to ask.

Following surgery, you will go to the post-anesthesia care unit. A dressing and compression garment will be in place. Following your operation, your tissues will react with swelling and a feeling of tightness, which will be responsible for discomfort. In addition, the abdominoplasty itself is responsible for this sensation, and it will require time, approximately six months, for this to resolve.

The swelling and bruising will leave in time but may settle towards your feet due to gravity -- this is expected. The majority of the bruising and most of the swelling does resolve within a few weeks. However, the healing process does take time. It generally requires six months and possibly up to one year for the healing process. Please be patient. How quickly this swelling and discoloration subsides depends on your health and healing quality; as well as a quiet, careful, and calm convalescence.

To safeguard the result you have gained, it is recommended that you avoid excessive gain or loss of weight. In addition, ultraviolet exposure from the sun is very damaging to the scars. It can cause scars to keep pigmentation that they wouldn't have otherwise. It is advisable to use a #35 sunscreen on a regular basis. Should you plan a day or more in the sun, a #45 sun block or greater is a good idea. Just covering scars in a tanning bed is not sufficient protection. This is certainly advisable for at least the first year following surgery. You may use moisturizers and creams as desired.

Support from family and friends is very helpful, but because they may not understand what is normally expected after surgery, their comments may unintentionally create emotional stress. We will tell you honestly how you are progressing. Please trust in this experience.

You may experience a period of let down or depression after cosmetic surgery. It is natural to question your decision to have surgery during the period after surgery. As you heal, this feeling will pass. If you feel depressed, understanding that this is a natural part of the healing process will help you.

Every one has the capacity to heal themselves to one degree or another. This ability depends on many factors including genetic background, your health and lifestyle

(exercise, diet, smoking, drinking, etc). We can assist in the healing process, but your cooperation and close attention is important.

Getting home:

Please have someone assist you to and from your car on the way home and fasten your seat belt. It is advisable that you not be left unattended and have a responsible person stay with you for the first 24 hours following your surgery. You should have someone help you undress and rest propped up in bed or in a recliner. You should also have someone assist you to the bathroom, as sometimes there is weakness or lightheadedness following anesthesia. Following surgery, please work on deep breathing and coughing. You should do this a few times a day. You may need to squeeze a pillow tightly into your abdomen to make this easier.

Do not make any important decisions or sign any important papers in the 24 hours following surgery, or anytime while taking pain medication. Do not drive or operate machinery until you are no longer taking pain medication and feel that you can operate these utilities effectively.

Diet:

Begin with liquids and light foods Jell-O, crackers, soups, etc., gradually progressing to a normal diet. Drink plenty of liquids for the first 48 hours. A good amount of lean protein is important for healing.

Daily activities:

You may shower in 48 hours. Please be aware that the first time you remove your garment you may become lightheaded. Be prepared to sit down. Please remove your garment, any gauze, and your belly button dressing. The tape over the incisions should be left in place. We will remove the tape at your first post-op visit. Use gentle soap and water and just pat the tape dry afterwards. You may add gauze back over the incisions if any drainage is present. The gauze only needs to be replaced if it's needed to keep your clothing clean.

You are not to submerge your scars in water (bath, hot tub, pool) until your scars are completely healed over and there are no scabs or openings remaining. This will also be the point at which you can begin using your TNS Body Lotion.

Post-operative Garments:

We will supply your first compression garment at the time of surgery.

It is advisable to purchase one or more of the following "second stage garments" to change into a few weeks after surgery, or when washing your surgical garment:

- Spanx power panties (available for purchase in our office)
- Nancy Ganz Body Slimmers
- Maidenform Flexees

The key with all of these is to have a compression garment that completely covers the areas that were addressed with liposuction.

Please wear something for compression for approximately six weeks. It will help to reduce the swelling from surgery and should allow for more rapid resolution of swelling over time.

Exercise:

Please perform no straining, lifting greater than 20 pounds, or strenuous abdominal exercises for approximately six weeks. You can begin lighter exercise whenever you feel like it. Just use common sense—stop or change what you're doing if it is painful.

You will have fluctuations in swelling for months after your surgery (especially with activity), meaning you'll have "good swelling days" and "bad swelling days" off and on as you heal. This is normal and will eventually stop over time.

Drains:

Drainage tubes are normally placed at the time of abdominoplasty. Please read the attached instructions.

Medications:

Have your prescriptions filled before your surgery date. Use prescription medications for relief of pain as directed. These medications can cause drowsiness, tiredness or loss of balance and may affect your vision; thus, do not drive or operate machinery while taking these medications. You should also be careful when walking and with day-to-day activities.

Read the medication instruction sheet carefully, as it contains important information about your pain medication and how it should be taken.

You may resume your daily prescription medications UNLESS otherwise directed.

If you have questions or a problem:

Please call if you have any problem or question that concerns you. You can call the office at 404-250-3333 anytime. If it's after hours or on the weekend and you need to reach me, dial the office number and wait for the voicemail. There will be a phone number to reach Dr. Kavali.

If you need immediate attention, or for some reason you are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

- Fever greater than 101.5 F taken with a thermometer
- Pain not relieved by medication
- Severe pain
- Redness, warmth, drainage or odor from the operative site
- Bleeding (by this we mean dark red, thick blood...not Kool-Aid looking drainage)
- Persistent nausea and vomiting
- If you have ANY questions or concerns regarding your condition or surgery

Follow-up appointment:

You should already have your first postoperative appointment made for one week after your surgery date. If you aren't sure, please call the office to confirm your date and time.