

**Post Operative Instructions**  
**Abdominoplasty / Panniculectomy / Body Lift**  
**Dr. Lee Corbett**

**Diet:** Eat a regular diet but try to stick with lighter foods at first. Do not drink alcohol while taking pain medications or muscle relaxants.

**Medications:** Take your pain medication, muscle relaxants, and antibiotics as directed. If you are running out of pain medicine let me know ahead of time. The prescription you have cannot be renewed over the phone so we need to plan to get you a new prescription. You can resume your regular medications unless I specifically direct otherwise.

**Showering:** It is ok to shower 48 hours after your surgery. Do not take a bath. Remove all of your bandages before showering and replace them and your binder afterward.

**Stitches:** Keep the suture line covered with clean gauze. Do not put any ointments on the incision unless directed to do so. The stitches around the belly button will come out at your first post op visit when I pull your drain. The remaining sutures will be removed at the 12 to 14 day point.

**Follow-up:** Call the office (502-721-0330) when you get home from the hospital. We will arrange your follow-up visit.

**Drains:** Record the drain output on a per 24 hour basis. When a drain is making 30 to 40 cc per day I can remove it. Typically that is after 5 to 7 days.

**On-Q Pain Pump:** Your pain pump has medicine to last for 72 hours from the time it was placed. It can be removed at home when it is empty and the entry sites covered with Band-Aids.

**Activity:** Do not lift, push, or pull anything heavy for 6 weeks. It is ok to walk up and down steps. Let your comfort be your guide.

**Binder:** Unless you are in the shower keep the binder on until I tell you it's "ok" to take it off. It is ok to take it off for a couple hours to wash it. The elastic of the binder will irritate your skin after a few days. Wear a soft cotton T-shirt under the binder. After your sutures are removed I recommend you wear Spanx in place of your binder.

**Smoking:** Smoking impairs wound healing. **DO NOT SMOKE!!!** If you smoke there is a very real chance your entire incision can split open and the skin along the stitch line can die leaving you with a large hole on the front of your abdomen.

**B.M.'s:** Do not let yourself get constipated. I recommend Dulcolax which you can get over the counter.

**Driving:** Do not drive until you are off of your pain medications. If you drive while taking pain medications you can be arrested for DUI. Also, it is now a state law that you must wear a seat belt while driving. If you are too sore to wear a seat belt, you cannot drive.

If you have a question, PLEASE CALL. The office number is 502-721-0330 and it is answered 24 hours a day 7 days a week.