

AUSTIN G. HAYES, M.D.
18650 NW CORNELL RD #324
HILLSBORO OR 97124
(503) 297-9340

Postoperative Instructions – Abdominoplasty

Be certain to read these instructions carefully prior to your surgery and follow them closely.

MEDICATIONS

The following medications have been prescribed by Dr. Hayes

Oxycodone 5-15mg	Every 4 Hours as needed	x 7 days	PAIN CONTROL
Cephalexin 1000mg	Twice daily (AM/PM)	x 14 days	ANTIBIOTIC
Metoclopramide 10mg	Every 6 Hours as needed	x 3 days	NAUSEA
Ondansetron 8mg	Every 8 Hours as needed	x 3 days	NAUSEA

The following medication(s) should be purchased over-the-counter and take regularly:

Miralax 17g	Once daily	x 5-7 days	STOOL SOFTENER
Tylenol 325-650mg	Every 4 Hours as needed	x 5-7 days	PAIN CONTROL

IMMEDIATELY AFTER SURGERY

- 2-hr nap on arrival home, then out of bed and get dressed.
- Pain Meds: Take Tylenol regularly and Oxycodone as needed for pain control.
- Do NOT apply ice to surgical area. The risk of frostbite is too high.

GENERAL INSTRUCTIONS

- Contact Dr. Hayes immediately should you develop any sudden pain, swelling, or fever.
- No garment should be used until you are cleared by Dr. Hayes. Wear your surgical binder (provided on the day of surgery) “loosely” for comfort.
- **Keep a record of daily drain outputs. Bring daily record to all postoperative visits.**
- Do NOT drive if taking Oxycodone (narcotic pain medicine).

ACTIVITIES

- You have just undergone a major surgical operation. The only activity permitted for the first six weeks is walking, which you should do at least every hour while awake.
- Wear compression stockings 24 hours per day, except to shower.
- Full cardio and chest exercises after 6 weeks.
- Do not drive if you are taking any pain medications or muscle relaxants.

INCISION CARE

- You may shower 48 hours after surgery.
- No tub soaking or swimming until cleared by Dr. Hayes.
- Inspect the incisions daily for signs of infection (redness).
- After four weeks, Dr. Hayes may prescribe silicone gel for scar treatment.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, and keep incisions covered. If sun exposure is unavoidable use sunscreen with SPF 30 or greater. Put sunblock on incisions, and allow it to dry, BEFORE putting on your swimsuit.

APPEARANCE

- Swelling will be greatest on the third postoperative day.
- Scars can be reddened for up to 6 months, after which point they will fade and soften.
- Some bruising can occur after your procedure, but the degree varies from patient to patient.

WHEN TO CALL

- If you have increased swelling or bruising.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have chest pain, shortness or breath, or leg swelling.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

***PLEASE CALL DR. HAYES OR THE OFFICE WITH ANY QUESTIONS OR CONCERNS:
503-297-9340***