

Abdominoplasty FAQs:

*No material on this site is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician.

Before Your Consultation:

1. How long will I be off of work?
 - A. "Office Job:"
 - a. 2 weeks
 - B. Physical work:
 - a. 3 weeks
 - b. Light duty for 3 additional weeks (not lifting > 10lbs)

After Surgery:

Week One:

1. How long do I wear the compression stockings?
 - a. 7 days
2. When are the drains removed?
 - a. Drains are removed after they:
 - i. Have been in place for 5 days AND put out <30 cc/day for two days in a row.
 - ii. Drains are removed one at a time.
3. When do I start taking hydrochlorothiazide?
 - a. After 5 days, discontinue if it makes you feel dizzy.
4. When can I shower?
 - a. Anytime. Many people find it helpful to have help (caregiver). A plastic chair placed in the shower can be helpful also.
5. When can I start walking upright?
 - a. Stay flexed at your hips >45 degrees for 10-14 days. At that time you can slowly start walking more upright.
6. When can I sleep lying flat?
 - a. You should be able to walk fully upright before sleeping flat.
7. Can I sleep on my side?
 - a. Yes. You can sleep on your side as long as your hips stay flexed.

- b. If you have had a BBL, avoid sleeping on your side x 6 weeks.
8. When do I start wearing the compression garment (faja)?
- a. You'll start wearing the garment after the last drain is removed (7-10 days).
 - b. You'll wear your garment 24/7 (except to shower) for the first month.

Week 2-3:

- 1. When can I start caring for the scar?
 - a. Once the incision line is completely healed (looks like a scar), you can begin using tape and silicone gel.
 - i. Tape:
 - 1. Apply a 1" strip of tape on top of the entire lower incision line. Change every 3-4 days. It's okay to shower and workout while wearing the tape.
 - ii. Silicone:
 - 1. Apply a thin layer to the belly button twice daily.
 - 2. It's okay to use silicone on the lower scar instead of tape.
- 2. When can I start working out?
 - a. 6 weeks.

Week 6:

- 1. It's been 6 weeks, what workouts am I allowed to do?
 - a. All activities, except for targeted core work.
 - b. Targeted core work can be resumed at 8 weeks.