

Derek T Ford, MD, FRCSC

Plastic Surgeon

Abdominoplasty After Care Instructions

- Arrange care at home for the first 72 hours following discharge after surgery.
- Elevate your head and shoulders at 45 degrees when in bed. Also move your ankles and knees while in bed to reduce your risk of post-operative blood clots from developing in the deep veins in your legs.
- Please take the prescribed pain medication every 4-6 hours as needed and any antibiotics as prescribed. If you do not have pain please do not take the pain medication. Please do not drink alcohol while you are taking pain medication.
- Take all medication as directed.
- It is best to start with a light diet following surgery. Begin with soups and progress to a soft diet high in protein.
- Wear loose fitting clothing
- The first follow up visit is usually arranged at one week following surgery
- Wear an abdominal compression garment with shirt under the garment to avoid skin irritation.
- Normal activity can be gradually resumed after 2 weeks. Exercise and strenuous activity (running and gym exercise) should be avoided until 4 to 6 weeks following surgery.
- It is important to follow up with Dr. Ford following your surgery. He will see you in follow-up at 1 week, 3 to 6 weeks, 3 to 6 months and 1 year post surgery. Please call 888-925-7337 (Monday to Friday between 9 am and 4:30 pm) to schedule your appointments at either our Toronto or Oshawa locations.

Things to Avoid

- Avoid straining for first 14 days following surgery as this may lead to post operative bleeding.
- Avoid bathing or showering until your drains are removed. Sponge bath is preferred.
- Avoid spending your time following surgery in bed – increased risk of deep venous blood clots following surgery.
- Avoid smoking. This may result in poor healing.
- Travel for at least 2 weeks.

Scar Care

- Apply a silicone cream (Dermatix) to your incisions twice daily, morning and night starting at 6 weeks post surgery and for a period of 3 to 6 months.
- Massage your scars before the application of Dermatix twice daily.

Emergencies

- If you develop an acute onset of swelling, or if you are having pain that is not relieved by medication.
- If you develop a fever (temperature greater than 38.5°C), redness or increased pain at the site of your surgical incisions.
- Swelling and pain in your calves, acute chest pain or shortness of breath.
- If you develop nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication.
- If you have nausea and vomiting that prevents you from drinking or eating.

Contact Information in Case of Emergency or if Questions Arise

**During Office Hours – Monday to Friday 0830 to 1630
416-925-7337 or 905-743-9888 or 888-925-7337**

**Outside of Office Hours
Dr. Ford's Mobile Phone - 416-317-2300
Dr. Ford's e-mail – dford@fordplasticsurgery.com**

Proceed to nearest ER or call 911