

**Brian P. Dickinson, M.D Post-op Instruction/ Medication Sheet:**  
**Abdominoplasty**

	Day of Surgery	Day 1	Day 2	Day 3	Day4	Day 5
<b>Shower</b>	Shower morning of Surgery		Ok to Shower	Ok to Shower	Ok to Shower	Ok to shower (no baths, swimming or jacuzzi for 4 weeks)
<b>45° Sleep</b>		Yes	Yes	Ok to sleep flat on back or side	Ok to sleep flat on back or side	Ok to sleep flat on back or side

**Nasuea Medication**

<b>Emend</b>	AM of surgery with a sip of water					
<b>Zofran</b> (only if needed)		1-2 tablets every 8 hours	1-2 tablets every 8 hours			

**Antibiotic**

<b>Cephalexin</b> (or)		2 tablets AM 2 tablets PM				
<b>Doxycycline</b>		1 tablet AM 1 tablet PM				

**Pain Medication**

<b>Percocet or Vicodin</b> (only if needed)	1-2 tablets every 4-6 hours					
<b>Tylenol</b> (Acetaminophen)	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.
<b>Motrin/Advil</b> (Ibuprofen)	No	No	No	Ok to use	Ok to use	Ok to use

**Activity**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Exertion</b>	Purposeful Walking: Walk to bathroom, walk to eat dinner, walk to check mail.	Walking as if shopping at the mall	Walking as if shopping at the mall	Walking as if shopping at the mall	Walking as if shopping at the mall	Ok to return to the gym, peloton, gradual increase in physical activity
<b>Binder</b>	Abdominal Binder	Abdominal Binder	3 in 1 Postpartum Support Belt or Abdominal Binder	3 in 1 Postpartum Support Belt or Abdominal Binder	3 in 1 Postpartum Support Belt or Abdominal Binder	3 in 1 Postpartum Support Belt or Abdominal Binder
<b>Lifting Limits</b>	Gallon of Milk is ok (8.6 lbs) Tide Detergent is too heavy	Ok to lift Tide Detergent (12 lbs.)				

Periodic dull ache, pins/needles sensations occur up to 8 weeks post-surgery. It is OK to stand up straight and walk upright immediately after surgery

Please shower 2 days post-surgery. You will feel better. Post shower you can wear a large T-shirt and place the binder(s) on top of the T-shirt.

For the first few days post surgery-stand at the side of the bed or couch for a few minutes before getting up and walking to the bathroom. Make sure you are not lightheaded.

Maintain 80-100 grams of protein per day for 6 weeks post-surgery. Chicken = 25 grams, 3 Eggs = 25 grams, Can of Tuna = 25 grams, Premier Protein = 30 grams

May use the following after the recommended time: 1) **Hot tub 6 weeks** 2) **Sauna 4 weeks** 3) **Hair dye 4-6 weeks** 4) **Tanning bed 4-6 weeks** 5) **Natural tanning 6 weeks**

Updated August 5, 2022