

Post-Operative Instructions for Abdominoplasty:

- ❖ Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.
- ❖ The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

Normal Post-Operative Symptoms:

- **Tightness and stiffness in abdomen: Burning, swelling and redness: Tingling, burning or intermittent shooting pain:** These are normal experiences as the skin, tissue and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**
- **Skin firmness, hypersensitivity or lack of sensitivity:** This is normal and will gradually resolve over time.
- **Shiny skin or any itchy feeling:** Swelling can cause the skin in treated areas to appear shiny. As the healing process advances, you may also find mild to severe itchy feeling. An antihistamine like Benadryl Cream can help to alleviate severe, constant itching. **If the skin becomes red and hot to the touch, contact our office immediately.**
- **Asymmetry: both sides of your body heal differently:** One side of your body may look or feel quite different from the other in the days following surgery. This is normal.

Call Dr. Gracia's office immediately if you experience any of the following:

1. A high fever, (over 101-degree) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
2. Any pain that cannot be controlled by your pain medication.
3. Bright red skin that is hot to the touch.
4. Excessive bleeding or fluid seeping through the incisions.
5. A severely misshapen region anywhere on your abdomen or bruising that is localized to one specific point of the abdomen.

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20-minute intervals.

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