

Fred H. Siegel, M.D.
Plastic and Reconstructive Surgery

Abdominoplasty Instructions:

GENERAL INSTRUCTIONS

1. No alcoholic beverages for twenty-four hours.
2. No driving, operating equipment or machinery for twenty-four hours.
3. Do not sign any important documents for twenty-four hours.
4. Do not stay alone; you will be sleepy and need a responsible person with you for twenty-four hours.
5. Rest at home for twenty-four hours.
6. Start with clear liquids and advance your Dr's ordered diet; for example after your liquids try soup and crackers and then a regular diet for your supper.
7. Do not take pain medication or antibiotics on an empty stomach. Eat something like crackers before taking medication
8. Take _____ for pain.

PLEASE REMEMBER:

1. The binder should not be removed until your next doctor visit
2. It will be necessary for you to wear the binder for 24 hrs a day for 1 week, then during the day for 1-2 weeks.
3. Empty and re-charge drains every 8 hours or when half full and record outputs separately.
4. Take antibiotic as ordered.
5. Keep chest elevated and place a pillow under your knees.

POST-OPERATIVE PHONE CALL:

Dr. Siegel will call you in the evening after your surgery. A representative from Dr. Siegel's office will also call you the day after your surgery. Do not be alarmed. This is a routine call to see how you are doing at home.

SPECIAL CARE OF YOUR SURGICAL AREA:

POST-OP CALL _____

PLEASE REMEMBER:

A certain amount of nausea and occasional vomiting is normal – if it persists please notify your physician.
Approximately once an hour, take a deep breath, hold it for a second, then blow it all out.
Watch for heavy or prolonged bleeding, if present notify your Dr.
Watch for signs of infection; fever, increased pain, foul drainage. If present, notify your Dr.
You are to see your Dr. on/in _____.
Dr. Siegel can be reached at
(757) 547-2115 24 hours a day.

Date/Time Signature - Patient/Caregiver

Date Signature - Nurse