



Post-Treatment Instructions – Abdominoplasty & Liposuction

Aftercare & Recovery

Dr. Ledding will discuss how long it will be before you can return to your average level of activity and work following liposuction. After surgery, you and your caregiver will receive detailed instructions about your post-surgical care, including information about:

- Drains, if they have been placed
- Normal symptoms you will experience
- Any potential signs of complications

Immediately after your Abdominoplasty

You may expect the following immediately after the procedure:

- As the anesthesia wears off, you may feel dizzy, disoriented, and nauseous. These sensations should pass within a few hours, although some oral pain medications may cause these symptoms to recur.
- You will return home the same day, and you will need someone to drive you. You will need someone available at home at all times, during the first 24 hours postoperatively.
- Immediately following an abdominoplasty, expect your abdomen to feel very sore or tender. Any pain you feel can be controlled with pain medications.
- Your incision site will be covered with a dressing to keep the area clean and protected. You will also be wearing a wide elastic compression garment to reduce swelling and support the skin as it tightens. You will wear this garment for six weeks. It is meant to be supportive, NOT tight.
- Depending on the extent of your abdominoplasty, you may have tubes in your incision to drain away fluid. You will be asked to empty the drains a few times a day and track how much fluid comes out. Drains are usually removed from three to four days after your surgery, depending on how much fluid is coming out.
- There will be surgical glue over your incision, and underneath there will be absorbable sutures, that do not need to be removed.
- Common side effects experienced by abdominoplasty patients include redness, bruising, and swelling. These effects usually subside in one to three weeks as your body adjusts to the new contours and the incisions heal.



Ledding Plastic Surgery

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Dr. Ledding
cosmetic and surgical – reconstructive

The recovery time frame after a Abdominoplasty

Recovery from a Abdominoplasty procedure occurs over six months or more. In the first couple of days, managing pain and avoiding complications is your top priority. The first week will be the worst, and you will still feel like you are recovering for about two to three weeks. After a few weeks, regaining mobility and fitness becomes important. After several months, you can start evaluating the aesthetic outcome of your surgery. It is important to remember that the time it takes to recover varies greatly among individuals. Final result is actually around one year postop.

- The first few days after surgery, you should rest quietly. Remember, you must not take aspirin or certain anti-inflammatory medications. Do not smoke after your procedure. Do not drink alcohol for five days after surgery or while you are taking pain medication.
- Arrange for someone to help you get around the house and help with your medication for at least the first two days after surgery.
- Make sure you continue to have lots of help at home—this cannot be stressed enough. You'll be tempted to try to help around the house, but you won't feel like yourself for at least seven to ten days, and you still shouldn't do any heavy lifting (such as picking up your children or baskets of laundry) for six weeks. If you have small children, will need extra help arranged ahead of time.
- Follow Dr. Ledding's instructions carefully. The first two days are the most uncomfortable, so if you are instructed to take medications at certain times, stay on the schedule. Discomfort typically drops down to a "nagging" level by five to seven days.
- You will likely go back for a follow-up with Dr. Ledding within five days. During this visit, Dr. Ledding can remove the drains. Swelling should significantly decrease within six weeks.
- Call our office immediately if you notice an increase in swelling, pain, redness, drainage, or bleeding in the surgical area or if you develop fever, dizziness, nausea, or vomiting. Other red flags include shortness of breath, chest pains, and an unusual heartbeat.
- It would help if you were up and walking the day after surgery, although slowly. It is important to walk to discourage swelling and to prevent blood clots in the legs. However, avoid strenuous exercise for six.
- Plan to take about two to six weeks off from work, depending on the physical demands of your job.
- Make an effort to ease back into your routine gradually rather than all at once.
- Wearing your compression garment as directed reduces the likelihood of loose or sagging skin after an abdominoplasty. The compression garment also helps to control swelling, and supports your muscle repair.

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