



Post-Operative Instructions – Daily Dressing Changes After Abdominoplasty & Liposuction of Abdomen/Flanks

To help your incisions heal properly and reduce the risk of infection, please follow the steps below for your daily dressing changes.

Items You Will Need

- Large non-stick sterile pads, 4x10 inch or similar, or overlapping 4x4 inch pads along the incision
- 4x4 inch sterile gauze pads for area of extra drainage
- 2x2 inch in sterile gauze pads for drain exit sites
- 1 inch or 2 inch paper tape (wider tape is often helpful for the abdomen)
- Abdominoplasty or compression garment

Dressing Change Instructions

1. **Wash your hands thoroughly** and prepare a clean surface for your supplies
2. **Gently remove the old dressing.** If it sticks, moisten it with saline to avoid pulling on the incision.
3. **Inspect the incision sites** for signs of redness, swelling, separation, or cloudy drainage. If you notice any of these, please contact our office.
4. **Clean the area** lightly with saline or as instructed by Dr. Ledding. Do not scrub.
5. **Allow the area to air dry** for a few moments before applying new dressings.
6. **Place a new gauze pad** over the incision, ensuring the area is covered completely.
7. **Over areas that are slightly damper,** add an extra 4x4 gauze pad as an absorbent layer
8. **Cover any drain sites** with 2x2 gauze pad folder once, then secure with tape without wrapping tightly around the tubing.
9. **Secure all dressings** with 1-2inch paper take, avoiding excessive tension on the skin.
10. **Re-apply your abdominal binder** or compression garment snugly but so tight the it causes pain or shortness of breath
11. **Repeat this process once daily** (or more often if dressings become damp or soiled)



Ledding Plastic Surgery

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cosmetic and surgical – reconstructive

Additional Tips

- Always keep the area clean and dry
- Do not apply lotions, ointments or creams unless instructed.
- Avoid submerging incisions in water (no baths, pools, or hot tubs) until cleared by Dr. Ledding.

If you have any concerns or notice increased pain, redness, swelling, or discharge, please contact our office right away.



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