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Abdominoplasty

- You may change the gauze under the binder as needed, but leave tapes alone until the first postop visit.
- You May shower at 48 hours with your drains in place, just pat tapes dry
- Wear the abdominal binder as much as possible the first 4 weeks.
- Perform lower leg and calf exercises while you are in bed after surgery to decrease the risks of developing blood clots in your legs. Flex and point your feet, perform ankle rolls, bend and straighten your knees, etc.
- **DO NOT TAKE ASPIRIN, ASPIRIN CONTAINING PRODUCTS OR BUPROPHEN** for 2 weeks after surgery.
- No heavy lifting for 4-6 weeks after surgery.
- Avoid sports except walking and other strenuous activities for at least 6 weeks after surgery.
- **DO NOT SMOKE** for at least 4 weeks after surgery, and avoid places where people do.
- Avoid direct exposure to the sun and do not use heat of any kind (heat lamp, heating pad, sauna, hot tub, tanning booth, etc.) for at least 12 weeks after your surgery.