

**ARKO A. DEMIANCZUK, MD, FRCSC**  
*Plastic, Reconstructive & Cosmetic Surgery*

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**ABDOMINOPLASTY-ABDOMINAL LIPOSUCTION POST-OPERATIVE INSTRUCTIONS**

- Rest and avoid vigorous activity for the first week and this will significantly reduce your bruising.
- It is beneficial to stay mobile and take leisurely walks once you are comfortable.
- Apply ice to the area of surgery as much as possible for the first 48 hours as this may reduce your swelling and discomfort. You can use an icepack, a wet face cloth placed in the freezer, or a bag of frozen peas or corn.
- You should drink lots of non-citric juice or non-diet soft drinks for the first several days after your surgery.
- If you are not urinating as much as normal, increase the amount of fluid you are drinking. If after this you continue to urinate less than normal, call Dr. Demianczuk.
- You may be placed in a liposuction compression garment following your surgery, which is to be worn continuously for three weeks. Once you are comfortable, you can remove the garment in order to shower. You will use an anti-bacterial soap for washing (i.e. Dial, Hibitane). You may wash your compression garment as necessary.
- **YOU MAY NOT SHOWER WHILE YOU HAVE A DRAIN IN PLACE!!!!**
- You will have dissolving stitches. An outer gauze dressing will be applied and beneath this there will be steristrips (tapes). You will remove the outer dressing at 48 hours. Allow the steristrips to gradually peel off over a period of one to two weeks. If you have any open areas on your incision sites once the Steristrips are off then please apply Polysporin ointment to these areas.
- You may have drains in place. The recovery room nurse will show you how to empty these and keep track of the drainage. Dr. Demianczuk will give you instructions as to when these should be removed.
- You may notice the skin in the area of your abdominoplasty/liposuction feels quite odd. This is normal. Once you are comfortable, begin to firmly massage the surgical area for five minutes three times daily and continue for several weeks until the swelling settles and sensation is normal. The sensation takes several months to come back and gently massaging and touching the skin as much as possible will hasten the recovery of sensation.
- You may have undergone rectus plication in which the abdominal muscles are tightened. Check with Dr. Demianczuk whether this has been done. If you have had plication, you should avoid heavy lifting for a period of six weeks.
- If your scars will be exposed to sun, regular use of sunscreens such as **AlumierMD with an SPF of 40** is recommended for several weeks afterwards. This can be purchased through our office.
- Do not use vitamin E cream for the first six weeks or you may widen your scars.
- The surgical incisions are usually thin at first, become somewhat thick and red for up to six months, and then begin to fade. It takes at least one year before final scar quality is established, and sometimes longer. There is some evidence that your scars may be improved by taping them continuously for about three months. Use 3M Micropore 1 inch paper tape and apply it along the length of the scar wearing it night and day and changing it as necessary. This is optional but you may find it helpful. Scars occasionally will become raised and red. If this is happening to your scar you can try using silicone. This product comes in either liquid form or as a sheet, and is available at the front desk. If your scar is becoming a problem please discuss it with Dr. Demianczuk. You should not begin taping until all the incisions are fully closed over.
- **You should call Dr. Demianczuk's office 604-806-6360 immediately if you have:**
  - **bleeding, increasing pain, pus in the surgery area, fever, difficulty urinating, shortness of breath**
  - **If you cannot reach Dr. Demianczuk after hours, please call St. Paul's Hospital at 604-682-2344 and ask for the Plastic Surgeon on call to be paged.**
- If you received sedation, you **MUST NOT** operate motor vehicles, boats power tools, or machinery for 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

**PERSCRIPTIONS:**

- Tylenol #3 or Tramacet. Take one or two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine. Antibiotics \_\_\_\_\_ Other medicines \_\_\_\_\_

**SPECIAL INSTRUCTIONS:** \_\_\_\_\_

Follow-up appointment: \_\_\_\_\_