

As You Heal

Abdominoplasty

- **Tightness:** Your abdomen will feel tight for many months. If you have had a muscle repair as well (the usual case), you will feel the most tightness down the center of your tummy where Dr. Brown has sewn your muscles together. This causes the majority of discomfort more than any other part of the procedure.
- **Healing of Sensory Nerves:** Usually, the skin over the abdomen remains numb for several months or longer. Tingling, burning or shooting pains indicate regeneration of the small sensory nerves. This feeling will disappear with time and is not cause for alarm. It may take as long as two years for sensation in your abdomen to be restored completely.
- **Feeling of Fullness:** You may pleasantly find that you feel full sooner than normal when you begin to eat regular meals. This is from tightening the abdominal muscles that can place pressure on the abdomen.
- **Activities:** If your job keeps you sedentary, you may plan on returning to work in 10-14 days, with the understanding that you will still have discomfort with motion. Please discuss this with Dr. Brown and the nursing staff. Do not plan on resuming aerobic or strenuous exercise or heavy lifting more than 20 pounds for six weeks after surgery. Let your body tell you what it can do from that point forward. You will want to have assistance for the first several days with getting in and out of bed.
- **Dressings/Drains:** You will be expected to use abdominal compression for six weeks. This will help the overlying skin and soft tissue scar down to the underlying muscle. You will have surgical drains. Our staff will review with you how to care for them as well as how to record the output daily. Please total the 24-hour output for each individual drain separately. The amount of fluid draining in the tube over that time period will determine if they can be removed a week later. Please bring your output journal with you to your first postoperative visit.
- Please call us with any concerns Monday-Friday 8:30am-5:00pm Monday. Weekdays after 5 pm and weekends you will reach our answering service and will be directed to Dr. Brown if it is an emergency. Our office number is 480-947-2455.