

# \_\_\_\_\_’s Care Guide after Abdominal Plastic Surgery

I came to the hospital on \_\_\_\_\_ and left on \_\_\_\_\_

I came to the hospital because \_\_\_\_\_



## How I may feel and what I should do

### These symptoms are **normal**

#### I may feel pain

- I may have shoulder pain for up to 1 week after surgery.
- I should take my pain medication before my pain gets really bad.
- I should follow the instructions on my medication bottle.
- I should use less narcotic pain medication as my pain gets better. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.
- **I can’t** drive or drink alcohol while taking narcotic pain medication.
- I should talk to my pharmacist about using Tylenol Extra Strength and Advil.
- I should hold a pillow tightly against my incision when I cough.
- I should bend forward a little when I walk to take pressure off of my incision.

#### I may feel bruising, swelling, and numbness

- I may have bruising, swelling, and numbness for 6-8 weeks.
- I should wear the supportive undergarments applied in the operating room until I see my surgeon.

#### I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water, and eat lots of fruits and vegetables.
- **I shouldn’t** strain or push too hard when having a bowel movement.
- I can take a stool softener like Senekot if I haven’t had a bowel movement in 2 days. I should ask my pharmacist for help.

#### I may feel tired

- Pain medication can make me feel sleepy. I should rest when I’m tired.

#### I may not feel hungry

- I should eat smaller meals and snacks more often.

### My notes and questions

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### These symptoms are **not normal**

- I have pain, redness, or swelling in my lower leg.
- My incision looks more red or swollen.
- My incision has yellow or green drainage.
- My temperature is over 38.0°C or I have chills.

I need to **call my surgeon** or go to the nearest **emergency department** if I can’t reach my surgeon.

### ⚠ These symptoms are **an emergency** ⚠

- I have trouble breathing.
- I have chest pain.
- My incision is bleeding and doesn’t stop with pressure.
- I feel dizzy.

I need to **call 911**.

