

**SAMUEL J. MUCCI, M.D.**  
**15590 W. 13 Mile Rd, Ste A**  
**Beverly Hills, MI 48025**  
**248-283-1115**

**POST OPERATIVE INSTRUCTIONS FOR ABDOMINOPLASTY**

Do not drive a car, operate machinery or make important legal decisions for 24 hours after your surgery, or while taking pain medication, as your judgment may be impaired.

2. Drink plenty of liquids in the next 48 hours. You may also resume your normal diet as tolerated. Adding additional protein will help during the healing process.
3. Take medications as directed.
4. No exercise or strenuous activity until instructed.
5. You may shower the next morning.
6. Icing the abdomen may help with swelling/discomfort. Try 20 min on 20min off while awake.
7. If you are sent home with a garment keep it on at all times (except while showering).
8. You may change the gauze over the abdominal incisions as needed. Leave the steri strips in place. If you go home with drains, follow the written instructions that will be given to you at the hospital.
9. If you experience excessive pain, bleeding or a temperature greater than 100.5 degrees please call the office.
10. If you have any questions before or after your surgery, please feel free to call the office.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_