



Name: \_\_\_\_\_

DOB: \_\_\_\_\_

**POSTOPERATIVE INSTRUCTIONS –**  
**ABDOMINOPLASTY OR BODY LIFT**

**Please refer to “GENERAL POSTOPERATIVE INSTRUCTIONS” for additional instructions.**

- You will feel very tight after surgery, please avoid stretching out your abdomen or putting a lot of tension on your incision.
- Small areas of wound opening or delayed healing can be normal. Please let us know if this happens.
- You may have to walk bent over until things start to loosen. This is typically 1-2 weeks.
- Keep your binder on for 2 weeks as much as possible, then another 2 weeks at night.
- Do not lie flat on your back until you can comfortably stand up straight without any tightness.
- Sleep in a recliner or with pillows under your knees and back.
- Avoid any strenuous activity for 4-6 weeks.
- If you develop a significant amount of fluid underneath your skin, we may have to drain the fluid at your postoperative visit. Please contact us if this happens.

If you have any concerns or any signs of bleeding, infection, or wound problems, please call our office at 617-340-2822.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date