

Paul Rosenberg, MD, PC
Palisade Plastic Surgery Associates, Inc.
1567 Palisade Avenue, Third Floor, Fort Lee, NJ 07024
(201) 585-2388
www.palisadeplasticsurgery.com

POSTOPERATIVE INSTRUCTIONS- ABDOMINOPLASTY

- Take medications as prescribed
- Do not take any aspirin or alcohol for at least two weeks following surgery.
- Absolutely no smoking; smoking can lead to serious complications.
- Rest on your back with your head elevated and a pillow under your knees. When you get up, walk in the bent-over position. Do not attempt to straighten up completely until told that it is safe to do so.
- No exercise, heavy lifting, or strenuous activity.
- Do not disturb or change your dressing unless specifically instructed to do so by Dr. Rosenberg. The dressings will be changed on your first post-operative visit, usually within 48 hours of your surgery.
- Remain in a compression garment or abdominal binder at all times except when showering, usually for 2 weeks.