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Lower Back Lift Aftercare Instructions

- It is important to be up and about after surgery, and to take deep breaths. This helps avoid post-operative problems such as deep vein thrombosis.
- Take your pain pills with a light snack. If taken on an empty stomach, they can cause nausea. Take fiber (Metamucil) or a stool softener (Colace) while on the pain medication, as the pain pills cause constipation. Stay on a soft diet for 2-3 days.
- You may alternate Percocet and acetaminophen (Tylenol). If taking acetaminophen, take no more than 4000 mg in a day. Remember that there are 325 mg of acetaminophen in each Percocet, so include that in your calculation.
- Take your antibiotics as directed for 7 days.
- When in bed, keep your head elevated about 30 degrees and leave your knees slightly flexed.
- Drains may or may not be placed during this procedure at Dr Camp's discretion. If drains are placed, keep your drainage bulbs collapsed and record time and amounts of drainage over a 24-hour period. All patients heal differently according to many factors. Dr. Camp will make the decision regarding drain removal and necessity of office visits. (Generally, the drains will be removed when the drainage is 30cc or less in a 24-hour period, which usually occurs in 5-7 days.) You may shower with drains in place. You can use the drain belt as a lanyard around your neck to suspend the drains while showering. Make sure someone is with you at your first shower! You may notice several days after surgery that one drain appears to not be working. This is ok and that is why there is a second drain in place to make a redundant system to let fluid out.
- You may note leakage of fluid around the drain tubes. This is normal and expected for the first 48 hrs. Leakage from the incision may also occur. Use a towel or feminine pads to absorb the fluids. This is usually red/pink in color. This is of no concern. Significant bleeding is dark purple to black in color. If you notice thick, dark blood that looks like jelly in either your drain tubes or bulbs and seem to have swelling of the abdomen, please call the clinic to be seen for the next available clinic appointment. Dr Camp may need to "strip" the drain(s) to make sure fluid can come out.
- Wear a binder continuously for 14 days. You can take it off to shower. If you wash your binder, use cold water and allow it to air dry.

- You will have a surgical tape over your incision. This will protect the incision for 3 weeks. You can shower with the surgical tape in place.

POST-OP

Please do not drive for 7-10 days especially while taking prescription pain medications.

Do not lift anything heavier than 20 lbs for 3 weeks.

It is good to be up and about to stretch your legs (walking is great!), but keep your heart rate under 100 beats per minute for 3 weeks. Do not run, swim, lift weights, play tennis, or golf for 3-4 weeks after surgery. Dr Camp can discuss return to more strenuous activities at your 3 week incision check followup appointment.

GENERAL INSTRUCTIONS

Moderate swelling of your lower back is to be expected. You may find that your clothes may not fit as easily as before. Be patient. The swelling will gradually subside, and you will be back to normal in 3 to 6 months. Because of the removal of tissue from your abdomen, there is a certain amount of tightness that is to be expected. This will slowly relax within 6 months. If liposuction of the mons pubis was performed, expect to have significant swelling in that area for several weeks post op.

Some suggestions to ease abdominal discomfort or indigestion after surgery:

- Drink a lot of water – 8 glasses a day!
- Prune juice mixed with 7-Up (half and half) for mild constipation
- If severely constipated use Miralax first as it is a mild but effective laxative, Phillips Milk of Magnesia, Colace stool softeners, and fleet enemas (regular or oil retention) as a last resort.
- Walking helps the circulation in legs and bowels.

It is important to be seen by Dr. Camp after your initial post-op checks. If drains are placed, he will see you in follow-up appointments on the day after surgery and then at 1 week (drain removal). Otherwise without drain placement the first followup will be at 3 weeks (adhesive tape removal and incision check before beginning Biocorneum®). We will schedule your first three followup appointments (one day, one week, three weeks) when you book your surgery.

IF YOU HAVE ANY URGENT QUESTIONS ABOUT FEVER, FLUID COLLECTION, NEW REDNESS, POSSIBLE INFECTION, ETC., PLEASE TEXT DR. CAMP 612-208-4179.

If you have general questions about recovery or followup appointments, please call or text the office 612-424-2767 or scheduling@echelonspecialists.com.