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Abdominoplasty with or without liposuction post surgical management:

- Please use the JP drain post operative form to monitor your drain output. Please take the form with you to each post operative visit. Dr. Murillo will need to review it prior to removing any drains.
- YOU WILL BE REQUIRED to eat a minimum of three meals a day, with meat the size of your fist or a protein shake. This should equate to 30 grams of protein every 4 hours while awake. You are required to eat even if you do not have an appetite. Please inform the office if you are nauseated. They will prescribe medication to prevent this. Protein is essential to wound healing. You will be required to stay on this diet for the next 6 weeks.
- Tight glucose control is essential to wound healing. If you have diabetes please keep tight control of your blood glucose. If you have difficulty with this please notify the office immediately.
- Please shower daily. No baths. Wash the wounds with Dove (plain or sensitive skin bar) soap and water. Rinse and pat dry.
- Do not use nicotine products. This includes any vape, nicotine packs, nicotine patches, cigarettes, or any other tobacco products. Nicotine can contribute to wound breakdown.
- You are to stay bent at the waist for 2 weeks after surgery. Do not attempt to stand entirely straight. This could cause tension on the abdominal incision and result in the wound opening. After two weeks you may slowly begin to stand straight. This may take another two weeks.
- Please do not take Ozempic (Semaglutide), Mounjaro (Tirzepatide), Rybelsus, Wegovy, Zepbound, any GLP-1 inhibitor, phentermine, any weight loss medication, or any medication that could delay gastric emptying without discussing with Dr. Murillo after surgery.
- You may wear a faja or abdominal compression garment if the garment does not occlude the drains or mark the skin with your drains.
- No lifting, pushing, or pulling for the next three weeks. At the fourth week you may lift the equivalent of a half-gallon of milk. At the fifth week you may lift a gallon of milk. At the sixth week you may lift weights, but with caution. No restrictions after the sixth week.
- You may drive when drains are removed, and you feel you could safely use the brakes of your car in an emergent situation. If you plan to be a passenger in a car, please make sure to walk for 10-15 min every two hours.