

PATIENT  
TEACHING  
CENTER

MR# \_\_\_\_\_ Patient Name: \_\_\_\_\_

## Post Abdominoplasty (Tummy Tuck ) instructions

### Abdominoplasty

is a procedure to remove the excess skin and fat from the abdomen.

### Discharge instructions:

1. Start walking as soon as possible after the surgery - this helps to reduce swelling, lower the chance of developing blood clots and/or pneumonia, and avoid constipation.
2. Perform deep breathing exercise in order to reduce the chance to develop pneumonia and brings up phlegm which can help you breathe easier.
3. Keep well hydrated, follow healthy balanced diet (emphasis on high fiber diet) & avoid food which can cause constipation
4. Perform arm/shoulder range of motion exercises four times a day (as directed by your Plastic Surgeon)
5. Have someone drive you home after surgery (don't drive until 4 weeks after the surgery)
6. Have someone help you at home for 1-2 days
7. Avoid submerge body in water (swimming pool, Jacuzzi) as per surgeon advice
8. Avoid staining of abdominal muscles, strenuous exercise and activities are restricted for 8 weeks.
9. Avoid heavy lifting or any vigorous activity for 6 weeks (can be modified by your physician)
10. Increase activity gradually as tolerated.
11. Employment activities can be resumed in 6-8 weeks.
12. Sexual activity as comfort can be resumed usually 2-3 weeks post operatively.
13. Do not take any blood thinners medications or any products containing aspirin unless approved by your surgeon.
14. Do not smoke or be around a smoker. This can be the most significant cause of serious healing issues.
15. Wear your compression garment 24/7 as directed for 4 to 6 weeks after surgery.
16. while sleeping Keep head slightly elevated and pillows under your knees to decrease tension on your incision.
17. Drainage tubes will be removed when the drainage is less than 30 cc per day for 1- 2 days.
18. In case of being discharged home with the draining tubes You may be asked to measure the draining amount over 24 hours for 1-2 days (as directed by the surgeon)

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**Incision care:**

1. Avoid submerge the drain area with water while drains are in place.
2. Avoid exposing scars to the sun for at least 12 months.
3. Keep incisions clean and inspect daily for signs of infection (Redness & warmth around incision, elevated body temperature, secretions with bad odor)

**Visit Emergency Room in case of:**

1. If you have increased swelling or bruising, particularly one side greater than the other.
2. If swelling and redness persist for a few days.
3. If you have severe or increased pain not relieved by medication.
4. If you have temperature over 38.5 degrees.
5. If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
6. If you have bleeding from the incisions that is difficult to control with light pressure.

**Follow up visit:**

- Upon discharge the patient will get appointment at Plastic Surgery clinic within one week

Treating physician:

Signature &amp; ID:

Date: