

ABDOMINOPLASTY (Tummy Tuck)

Post-Operative Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- You will be sent home in an abdominal binder and an additional one will be provided to you. Keep garment dry and do not remove (unless soiled resulting from drainage and then garment should be changed.)
- You will have drainage tubes in for up to three weeks. As long as you have drains in, wear the compression garment.
- Get plenty of rest.
- Do not apply heat to the area.
- Do not eat solid food the day of surgery - only take sips of clear liquids and water.
- The next day and thereafter you may eat as you wish
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Start taking a mild stool; softener, like Colace®, to avoid constipation.
- Take pain medication as prescribed.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it may cause fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- **DO NOT PIERCE ANY BODY PART POST-OPERATIVELY-IT CAN CAUSE SEVERE INFECTIONS THAT IMPAIR HEALING AND SCARRING.**
- **DO NOT SMOKE, AS SMOKING DELAYS HEALING AND INCREASES THE RISK OF COMPLICATIONS.**
- **DO NOT TAKE ANY MEDICATIONS ON THE PROHIBITED MEDICATIONS LIST**

Activities

- Stay lying down, with legs as high as hips, except for bathroom.
- Empty and record drain tubes every eight hours as directed.
- When standing, bend at the waist to minimize strain.
- Limit chair sitting to 10 minutes at a time.
- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you have full range of motion with your legs and are no longer taking any pain medications (narcotics).
- No lifting greater than 10 lbs. for 6 weeks.
- Avoid straining abdominal muscles. Strenuous exercise and activities are restricted for 6 weeks.
- Resume sexual activity as comfort permits, usually 2-3 weeks postoperatively.
- Return to work is usually in 2-4 weeks.

Incision Care

- You may shower 24 hours after removal of the drainage tubes.
- Keep steri-strips on. Don't replace if they come off.

- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- You may wear soft support underpants for comfort; may pad incision with dressings for comfort.
- Sleep with pillow under knees and head elevated on 2 pillows (lounge chair position). Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

What to Expect

- You may experience temporary pain, soreness, numbness of abdominal skin, incision discomfort.
- Maximum discomfort will occur the first few days.
- You will have bruising and swelling of the abdomen. The majority of bruising and swelling will subside in 6-8 weeks. Some numbness and swelling may be present for many months.
- You may feel tired for several weeks or months.

Appearance

- Flatter, firmer abdomen with narrower waistline.
- You will walk slightly bent forward and gradually return to normal posture over next 3 weeks.
- Scars will be reddened for 6 months. After that, they will fade and soften.
- The scar will extend from near one hipbone to the other, low on the abdomen.

Follow-Up Care

- A support garment may replace dressing on incision.
- 1st post operative appointment = 2 days following surgery. *Take at least an extra-strength Tylenol® before your first post-op appointment. Bring your drain recording log with you to this appointment.*
- 2nd post operative appointment = 1 week following surgery to check drainage and assess removal of drains. (Drains are usually removed within 1 to 2 weeks following surgery – usually when less than 30 ml for 24 hours.).
- 3rd post operative appointment = weekly until healed.

When To Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

**DR. FEINS CAN BE REACHED ANYTIME BY
CALLING HIS OFFICE AT 603.647.4430.**