



POST-OP INSTRUCTIONS: TUMMY TUCK/ABDOMINOPLASTY

DRESSINGS

- Keep your dressings in place for 48 hours after your surgery. You may shower even with your drain in place.
- Do not remove skin tapes (butterfly tapes) for 2-3 weeks from your surgery or until they fall off.
- Wear your abdominal binder for 6 weeks after surgery.
- Silicone scar strips, scar gel, or scar systems like Embrace may be used 2 weeks after surgery.

MEDICATION

- Pain meds should be taken with food to avoid stomach upset. Do not drive if taking pain meds.
- For patients with normal kidney function, we recommend taking 1000mg of Tylenol every 8 hours and 600mg of ibuprofen every 6 hours for 3 days post-op.
- Do not take vitamin E, fish oil, or garlic pills for 2 weeks after surgery.

ACTIVITY

- Please begin to move around as tolerated. During waking hours, walk around every 2-3 hours to help prevent blood clots for the first 2-3 days after your surgery.
- NO lifting more than 10 pounds for 6 weeks after surgery.
- Expect to be in a hunched posture for about 3 weeks after surgery due to your abdominal skin being tight.
- Sleep with your head of bed up/extra pillows for 2-3 weeks after surgery to take pressure off your abdomen

AVOID

- Do not smoke, vape, use nicotine gum/patches, or expose yourself to secondhand smoke for at least 6 weeks after your surgery.
- Do not place ice over your surgical site.

DRAINS

If you have been discharged with drains, please follow these instructions:

- A nurse will teach you and your family how to empty the drains and record the amount of drainage. Every day, add up the total output per drain over the last 24 hours. Bring this sheet with you to your post-op appointment.
- Your drains will likely be removed at your first office visit, but may have to stay longer depending on output.

CALL OUR OFFICE if you get a fever of over 100°F or if your incision becomes red or hot to the touch.