

ABDOMINOPLASTY (“TUMMY TUCK”)

Post-Surgical Guide



INCISIONS

- Your incisions are closed in multiple layers with absorbable sutures.
- The surface is sealed with a medical glue and may have steri-strips covering the incision.
- Your abdominal closure may feel tight. Keep your body flexed when in bed by placing extra pillows behind your back and your knees or by relaxing in a recliner. When walking, you may need to bend at the knees and tip forward at the hips to relieve tension during the first week after surgery.
- You must wear an abdominal binder at all times until told otherwise. You may find it more comfortable to wear a thin cotton tshirt or tank top underneath your binder. You may reposition the binder as needed for comfort.
- Some drainage from surgical incisions can be expected for the first few days after surgery. If this happens, place a gauze or a Kleenex over the incisions.
- **ABSOLUTELY NO ICE or HEATING PADS** to surgical sites.

DRAINS

- Use proper hand hygiene, such as a gel sanitizer, on hands before handling your drain.
- Twice a day, have your caregiver strip the drain tubing (gently milk the tubing towards the bulb) and record the output using clear measuring cups. Be sure to record each drain separately. Discard drainage in toilet only.
- Call the office for an increase in bright bloody drainage, cloudy drainage, increase in pain, loss of suction (bulb won't stay compressed), leaking around drain exit site, or a clogged bulb.
- If there is accidental dislodgement of drain, apply a dressing with gauze and call the office.
- Secure the drains to clothing with safety pins.
- Your drains will stay in place until they are outputting 20 ml per 24 hours or less. Expect drains to stay in for about 2 weeks.

Dr. Christine Fisher

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After hours: (512) 323-5465

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SHOWER

- Unless instructed otherwise, it is ok to shower 48 hours after surgery.
- Use your hand or a very soft, clean washcloth to wash you incisions. Do not rub the area. Pat dry.
- No soaking in a bath or swimming until cleared by the office. This is typically 4 weeks after surgery.

ACTIVITY

- Relax and rest within the home for first 2 weeks
- Take short walks around the house multiple times per day starting the day of surgery.
- No twisting or no lifting greater than 5-10 lbs for 4-6 weeks
- May drive after 2 weeks if off all prescription pain medication.
- May go back to work at 4 weeks if on "light duty."

MEDICATIONS

- Take Celebrex and Flexeril as directed for pain and muscle spasm.
- For additional pain control, take prescribed narcotic pain tablets every 4-6 hours as needed.
- Prevent constipation by taking one dose of Miralax daily and Colace twice a day until no longer taking narcotics and bowel movements are back to normal.
- You will likely be placed on a blood thinner after surgery to prevent blood clots from forming. Do not start taking this until instructed by the office.

EMERGENCIES

- **After hours, call Medlink Paging Service at (512) 323-5465**
- Call the office immediately for:
 - Temperature greater than 101 degrees
 - Significant increase in swelling or one side of the abdomen significantly more swollen than the other
 - Extreme pain not controlled by pain medication
 - Redness around incisions or pus/yellow/green drainage
 - Darkened or blackened skin (in excess of normal bruising)

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