



Tummy Tuck

Post-Op Instructions

Tummy Tuck

NORMAL SYMPTOMS: Remember, it is normal to experience soreness, bruising, swelling, tightness and some degree of pain for the first few days following surgery. These conditions will lessen each day. It is common to experience diminished or loss of skin sensation after surgery. This will resolve for the most part within 4-6 weeks except for the area under the belly button. Residual skin irregularities at the ends of the incisions may be elevated and swollen, but this will improve with time.

POSTOPERATIVE CARE/DRAINS: There will be a drain placed in the lower abdomen to help remove the fluid that can be present after surgery. This drain is removed after 5 - 7 days. There will be an attachment to collect the fluid, which you will need to empty every 12 hours and record the drainage amount. Empty the bulb by opening the plug at the top and pouring out the contents. Squeeze the bulb to recompress it and put the plug back into the top to maintain suction. Should the bulb fill rapidly after emptying it, or you need to empty it more than three times a day, notify Dr. Zahir.

BATHING: Keep your incisions dry. Do not shower or bathe until after your first postoperative appointment. You may take a sponge bath. Do not immerse yourself in the bathtub until the drain has been removed.

DRIVING: You must have someone drive you home after surgery and to your first postoperative appointment. Do not drive until approved by Dr. Zahir.

ACTIVITIES: When released from the hospital – REST! Absolutely NO strenuous activities: including pushing, pulling, lifting or exercise. You may walk the day of surgery. Put pillows behind your back and under your legs to keep your waist slightly flexed. This flexed position decreases back discomfort. You may walk up the stairs with assistance, one step at a time no more than 2 times a day. When at rest, flex and extend your feet to help decrease leg swelling. Walking is an excellent form of exercise. You should change your position and walk around the house every few hours. Absolutely no sexual intercourse or sit-ups for six weeks after surgery as this increases intra-abdominal pressure, which may be detrimental to the abdominal muscle sutures.

MEDICATIONS: You will be prescribed medicines for pain, muscle spasm and antibiotics. Be aware that the common side-effects of the narcotic medications are nausea, vomiting, constipation and itching. Should these occur, decrease the narcotic medication and alternate them with the muscle spasm reduction medication. In addition, constipation is best treated with a stool softener or mild laxative and plenty of fluids. Milk of Magnesia works well and can be obtained over the counter. **PRUNE JUICE WORKS THE BEST.**

GARMENTS: After surgery, you will be placed in a garment that will be provided to you for abdominal support and to reduce swelling.

SCARS: All surgeries leave scars, some more visible than others. Many may need no treatment, others may improve with the use of silicone sheets or scar remedies. All incisions are made to be hidden in the panty or underwear lines.

OTHER INFORMATION

SUTURES: Dr. Zahir uses dissolvable sutures during this surgery to make recovery easier.

SMOKING: Do not smoke for 6 month before and after, as smoking delays healing and increases the risk of complications.