



Plastic & Hand Surgery
ASSOCIATES, LLC

POST-OP INSTRUCTIONS FOR ABDOMINOPLASTY (Tummy Tuck)

1. Always wash your hands with antibacterial soap before changing your dressings or touching your incisions.
2. Take all medication as prescribed. Finish the whole prescription of antibiotics. You may discontinue your pain medication as tolerated and switch to Ibuprofen or Tylenol.
3. You will be sent home in a binder. This binder is to be worn at all times.
4. You will also have one drain on each hip. You should monitor the output of these drains using the chart provided by the Plastic Surgical Center. Bring this chart with you to your post op clinic appointment.
5. You may shower the day after surgery. **DO NOT** take a bath. You may remove binder to shower. Removal all bandages. **DO NOT** remove steri strips (tape on the incisions). You may use antibacterial soap and let water run over incisions, but do not let water beat directly on incisions. Keep drain sites as dry as possible. Pat dry. Apply clean bandage (maxi pads may be used) and surgical binder.
6. If your doctor has ordered antibiotic ointment, please apply to all drain sites.
7. Bruising and swelling is expected and normal. This may last for 2-4 weeks.
8. Activity should be limited. No straining or lifting greater than a milk carton. You should be up walking as tolerated. You are never on bed rest!
9. You may alternate your pain medication and your muscle relaxer in order to have continued pain relief. If taking them at the same time helps with the pain better that is also fine. Make sure to keep pain managed, do not let it get severe before medicating.
10. Notify you doctor if a temperature of greater than 101 degrees develops and lasts longer than 24 hours or if there are any signs of **infection** (redness at incision site, warmth, tender or hard, foul smelling drainage from incision) or hematoma (sudden swelling and coal black bruising). Contact your physician at **601.939.9999 or 1.866.939.4999**.
11. If you cannot reach your physician and immediate attention is needed please go to your nearest emergency room.

Note: The purpose of our after-hours on call service is for emergencies. If you have a routine questions, that is not answered above, please wait until after 8.30am the following morning to call our office, and we will be more than happy to answer any and all questions.