

ABDOMINOPLASTY (TUMMY TUCK)

After Care Instructions

- It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. This is perhaps the most important thing to do after an abdominoplasty.
- It is important to walk bent over at the hips for 5-7 days after surgery to reduce tension on the suture lines. Sleep with your hips in a flexed position and your head elevated on 2 pillows. Following these instructions will help with the quality of your scar.
- If you have discomfort/pain, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking any pain and/or anxiety medication.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day. Stay on a bland diet for 2-3 days to reduce gas. Avoid carbonated drinks.
- Keep your drainage bulbs collapsed and record time and amounts of drainage (empty every 8 hours) over a 24-hour period. Each patient heals differently, and Dr. Kerr will make the final decisions regarding drain removal. Drains are important and must be kept closed with suction applied. Call if you have any questions about drain management. Drains usually remain in place for one to three weeks, sometimes longer. Bring the record with your drain outputs to your clinic appointments.
- A quick shower is fine the second day after surgery. Remove your dressings and discard them. You do not need to re-apply gauze unless you feel more comfortable with it. Pat your incision/steri strips dry with a clean towel following the shower and replace the binder. The binder should be snug but not uncomfortable.
- A compression garment is put on at the end of the operation. This must be worn at all times for six weeks.
- You can expect swelling of the surgery site. If the swelling on one side is definitely more pronounced on one side than the other side, or if you are having pain which is NOT relieved by the pain medication, call Dr. Kerr 512-244-1444. When in doubt, call and ask.
- Excessive and strenuous activities are not good. Do NOT lift anything heavier than 10 lbs for the first 6 weeks.