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WWW.ADVANCED PLASTIC SURGERY.COM

ABDOMINOPLASTY (TUMMY TUCK)
POSTOPERATIVE INSTRUCTIONS

Your greatest discomfort will be within the first 24-48 hours after your surgery. Take your pain medication as prescribed. Take the pain medication with crackers, toast, soup or liquids to avoid nausea that can occur on an empty stomach.

Avoid aspirin, Ibuprofen, Motrin, Advil, Aleve, etc. for 2 weeks after your surgery. These products have a tendency to increase drainage and bruising.

We will possibly have you take Vitamin C 2000 milligrams per day and Arnica montana to help decrease the postoperative swelling and bruising. Take these as instructed following your surgery.

DRESSINGS

Your dressing consists of a clear Dermabond tissue sealant. Dermabond dressings allow you to shower earlier for your comfort. A white gauze dressing is secured with tape over your drain sites.

Do not soak in a tub, hot-tub, pool or lake.

Drain care will require applying Bacitracin/Neosporin once a day to drain entry site.

You might be required to wear a garment after surgery; this will be decided by Dr Soueid.

The sutures used are absorbable and do not have to be removed.
You can have some bruising and/or swelling for 2-3 weeks.

ACTIVITY

You may shower 24 hours after surgery with assistance. Remove the entire gauze dressing.

You will need to ask Dr Soueid about how long to stay out of work depending on the type of abdominoplasty.

Limit your activity to daily routine. Avoid lifting, pushing, or pulling objects over 5 lbs. This will cause pressure and stress on your surgery area.

Check with Dr Soueid before resuming exercise or driving.

If you smoke, please refrain for a minimum of 14 days before and one month afterwards. Smoking restricts the blood supply and retards the healing process.
Please refer to our **Smoking Policy**.

SLEEPING

Avoid sleeping on your stomach until all soreness has subsided. You may find sleeping with 2-3 pillows under your head and/or 2 pillows under your knees more comfortable because sleeping in a flexed position puts less stress on your abdominal area. You might want to invest in a hubby-pillow and have it at home prior to your surgery day.

COMPLICATIONS

Call your physician if any of the following occur:

- Severe pain not responding to pain medication.
- Excessive pain with swelling in abdomen with redness, warmth, or hardening.
- Bleeding or odorous draining that does not subside.

**IF YOU HAVE QUESTIONS, PROBLEMS, OR AN EMERGENCY PLEASE CALL
(410) 427-5555.**

Pain medications may cause constipation. You may take an over the counter stool softener, i.e. Metamucil, Surfak, Colace, or Docusate to avoid constipation. Take 1 stool softener a day as needed along with pain medication.

We recommend Florastor to be taken once a day as long as you are on Antibiotics; this is available over-the-counter.