

# **Abdominoplasty (Tummy Tuck) with/without Liposuction of the Flanks**

## **Post-Operative Instructions**

### **Instructions:**

Have someone drive you home after surgery and help you at home for 1-2 days.

Get plenty of rest.

Follow balanced diet.

Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.

Take pain medication and muscle relaxant as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.

Do not drink alcohol when taking pain medications.

If you are taking vitamins with iron, resume these as tolerated.

**Do not smoke**, as smoking delays healing and increases the risk of complications.

**Take your antibiotics as prescribed.**

### **Activities:**

Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.

When you are in your recliner or sofa, move your feet up and down like you are pressing the gas pedal of a car - this will improve the blood flow to and from your legs. Do this a few times per hour.

Do not drive until you are no longer taking any pain medications (narcotics).

Do not drive until you have full range of motion with your arms. **No lifting greater than 5 lbs. for 6 weeks.** This can be modified by your physician.

Resume sexual activity as comfort permits, usually 2-3 weeks postoperatively.

Avoid straining of abdominal muscles. **Strenuous exercise and activities are restricted for 6 weeks.**

Return to work in 2-4 weeks.

**Do NOT** extend your hip fully for 1 week after your surgery - unless otherwise stated by your doctor.

Maintain your back up at least 30 degrees at all times. **Do not lay flat. Maintain a “beach chair” position.**

**Sleep with head slightly elevated and pillows under your knees to decrease tension on your incision.**

**Do NOT lift your arms above your shoulders for 2 weeks.**

#### **Incision Care:**

You may shower 48 hours **after removal of all drainage tubes.**

**Do NOT shower unless all drains are out. Sponge baths only.**

Avoid exposing scars to sun for at least 12 months.

Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).

Keep steri-strips/dressings on at all times. Keep your incisions and dressings dry at all times.

Keep incisions clean and **inspect daily for signs of infection.**

**Signs of infection include increasing redness, pain, drainage, fevers.**

No tub soaking while sutures or drains are in place.

Wear your compression garment **24/7 for 6 weeks post op.**

Place daily soft dressing over incisions and around drain sites to wick away moisture and to prevent irritation by garment along the incision line

## **What to Expect:**

You may experience temporary pain, soreness, numbness of abdominal skin and breast skin, and incision discomfort.

Maximum discomfort will occur the first few days.

You will have bruising and swelling of the abdomen. The majority of bruising and swelling will subside in 6-8 weeks. You may feel tired for several weeks or months.

## **Appearance:**

Flatter, firmer abdomen with narrower waistline.

You will walk slightly bent forward and gradually return to normal posture over next 3 weeks.

**Scars will be reddened for 6 months. After that, they will fade and soften.**

The scar will extend from near one hipbone to the other, low on the abdomen, and on the breasts as described by Dr. Kohan.

## **Follow-Up Care:**

**Abdominal drains removed when less than 25 ml for 24-48 hours.**

Any surface stitches will be removed in 7-10 days.

Breast massages will start at 1-2 weeks after surgery.

## **Drain care:**

**Make sure your drain bulbs are holding suction at all times (ie they do not open up, but look “mushed”). Strip your drains as instructed every 4 hours.**

**Measure each drain’s output every time you empty it and separate drain #1 from drain #2.**

**The color will be a pink/red color over the first 1-2 days. This will turn yellow at 2-3 days after surgery.**

**When To Call:**

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

For any questions or concerns, please call Dr. Kohan immediately at 424-279-3230.