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Tummy Tuck: Follow up appointment schedule and general care instructions

Follow up appointments:

1 day 1 week 2 weeks 1 Month 3 Months

Day 1

First office visit

Dressing change, wound check, drain check

First 6 days post op

Rest

Lite activity

Walk every 2-3 hours

Take medications as directed

Drain care: Strip drains every eight hours - Record drain output

Head and leg elevation

***Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort**

1 week - Day 7 through 13

Second office visit

First drain removed

Support Garment- Full Time

Clean with gentle soap and water using a washcloth - pat dry

Light activity -May begin to lie flat

2 weeks - Day 14 through 29

Third office visit

Second drain removed

Support Garment- Full Time

May begin to shower - gentle soap and water on incisions- pat dry

Light exercise - NO heavy lifting

Begin using scar gel or tape at **week three**

1 month – Day 30 and thereafter

Fourth Office Visit

May discontinue use of support garment

Full activity - advance to resistance exercises and weight training – NO core exercises

Continue using scar gel or tape for 3 months

3 Months

Fifth office visit

Full activity - advance to resistance exercises and weight training. May begin core exercises as tolerated

Continue using scar gel or tape for 3 months

Photos today