



Tummy Tuck Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

You'll be seen regularly to ensure a smooth recovery:

- Day 1: Initial post-op check
- Day 4-8: Drain check & healing assessment
- Week 3: Progress evaluation
- Week 6: Progress assessment for return to full activity

Preparing for Surgery

For your safety and optimal healing:

- Discontinue aspirin, ibuprofen (Advil), NSAIDs, fish oil, and omega-3 supplements for 10 days prior to surgery, unless specifically cleared by Dr. Wingate.
- Avoid anti-inflammatory medications for at least 1 month prior to surgery.
- Arrange for someone to drive you home and assist you during the first few days post-op.

Returning to Normal Activities

- Most patients return to desk jobs within 2 weeks of surgery.
- Daily activities usually resume at the same pace, though swelling and tightness may linger.
- Exercise and gym routines can typically resume by week 6, pending clearance.

Compression Garments

- You'll leave surgery in a compression garment for your abdomen.
- Please have two well-fitting compression garments ready prior to surgery. These should feel snug but be easy to put on and remove.

- For best results, wear compression garments consistently for the first 6 weeks.

Pain & Discomfort Management

- Liposuction may be used during your procedure with local anesthetic, which generally lasts 4-8 hours post-op.
- Fill any prescriptions before your procedure to have them available when you get home.
- By day three or four, most patients only require Advil + Tylenol for comfort.
- Expect mild to moderate soreness, especially with movement or standing upright early on.

Surgical Drains

- You'll go home with 2 abdominal drains, which are typically removed within 4-8 days after surgery.
- You'll receive full instructions during your pre-op appointment, but when showering, using a lanyard or long necklace can help keep hands free while supporting the drains.

Showering & Bathing

- You may begin showering the day after surgery using a gentle cleanser.
- Do not soak in a bath, hot tub, or pool until cleared by Dr. Wingate.

Normal Healing Process

- Swelling and bruising are to be expected and may persist for several weeks to months.

To Support Healing:

- Wear your compression garment consistently
- Engage with lymphatic massage specialists as outlined by Dr. Wingate
- Limit physical activity during the first 4-6 weeks
- Stay hydrated and nourish your body
- Full results gradually emerge as swelling subsides.

At Wingate Plastic Surgery, we're committed to ensuring you feel supported, informed, and confident every step of the way. Should you have any questions or concerns, please don't hesitate to contact us.