

Post-Operative Care Instructions for Reverse Abdominoplasty

A reverse abdominoplasty tightens and lifts the upper abdomen by removing excess skin and repositioning tissues through the inframammary fold (breast crease). Because this procedure involves the upper abdominal region, careful attention to posture, activity, and incision care is essential for a smooth recovery.

Medications

Please follow all medication instructions provided in your post-operative folder.

Activity

Proper movement and posture reduce tension on the incision lines and promote healing.

- Begin **light walking** the day of surgery to promote circulation.
- Avoid fully stretching your torso or standing fully straight for several days; a slight forward bend may be recommended to reduce tension on the upper abdominal incision.
- **No lifting over 8–10 lbs** for at least **4–6 weeks**.
- Avoid overhead reaching, twisting, or stretching motions that could pull on the incision.
- Avoid strenuous exercise, core workouts, or high-impact activities until cleared by your surgeon.
- Sleep with your upper body elevated to minimize swelling and tension.

Dressings, Compression & Support Garments

- Leave all dressings in place unless specifically instructed otherwise.
- Keep the incision line clean and dry.
- A **compression garment or abdominal binder** may be recommended—wear as directed to support the surgical area and reduce swelling.

Incision Care

- The incision is typically placed along the breast crease; tenderness, swelling, and bruising are normal for the first several weeks.
- Check the area daily for changes in redness, warmth, or drainage.
- Avoid underwire bras until cleared; a soft support bra or surgical bra is recommended.
- Avoid sun exposure on the incision for at least **6 weeks** to prevent pigment changes.

Bathing & Hygiene

- You may shower **24 hours** after surgery unless instructed otherwise.
- Allow water to gently run over the area—do not scrub.
- Pat dry; avoid rubbing the incision.
- **No soaking** in baths, pools, hot tubs, or oceans for **6 weeks**, or until cleared by your surgeon.

Expected Symptoms

You may experience the following during early recovery:

- Tightness or pulling in the upper abdomen
- Swelling and bruising near the incision
- Mild burning, tingling, or temporary numbness
- Sensitivity in the breast crease area
- Fatigue for several days after surgery

These symptoms are normal and should gradually improve.

When to Call Us

Contact us immediately if you experience:

- Fever over **101°F**
- Significant redness, warmth, or spreading rash around the incision
- Foul-smelling or colored drainage
- Severe pain unrelieved by medication
- Sudden tightening, swelling, or asymmetry
- Shortness of breath or chest pain (call 911)

Contact Us

We are here to support you throughout every step of your recovery.

- To speak with a member of our care team, please **call or text (813) 542-2587**.
- **Urgent text messages** outside regular business hours will be answered as promptly as possible during reasonable waking hours.
- After hours, the **answering service** can contact the physician on your behalf for urgent medical concerns.