



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

Tummy Tuck



Pre/Post Operative Instructions

Important Information from Dr. Rohit Jaiswal, MD
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Congratulations on successfully undergoing your surgery! This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Jaiswal and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.

Before Surgery

Please stop taking the following two weeks before surgery: Aspirin, Ibuprofen, Aleve, Fish Oil, Red Wine, Multi-Vitamins and/or Vitamin E.

If you take blood pressure or diabetes medications, continue these as normal.

No smoking or vaping for 4 weeks prior to surgery and 2 months after surgery.

Day of Surgery

Please arrive at the instructed time and facility.

Only take medications in the morning approved by your anesthesiologist.

Do not eat or drink anything after 11 pm the night before your surgery.

After Surgery

Wear the binder until instructed to remove this. You will also be given foam pads and possibly a compression garment.

You may shower the day after surgery.

Start massages from a professional masseuse the day after surgery if possible.



🕒 POST OPERATIVE TIMELINE

- **0-7 days:** You will be walking hunched over. There will be significant swelling and bruising. You may shower on day 1. Start getting massages on day 1 or 2. Start wearing the compression garments.
- **1-2 weeks:** Bruising should start to fade. Swelling will still be significant. Continue massages and compression. Walking is mandatory. You will be walking upright.
- **4 weeks:** Swelling should continue to subside. Bruising should be mostly gone. Continue activity restrictions. Massages should still be received and compression garments worn.
- **1-3 months:** Swelling will continue to improve. The scarring should start to fade. Exercise can be started at 2 months. Start utilizing your nutrition and diet plan. Wear the compression garment and get massages as often as possible.
- **3-12 months:** Final results become apparent. Scars will continue to lighten and soften. The compression garment can be removed. Diet and exercise are critical. Massages when desired. No revisions will be entertained before 6 months.

🛡️ MEDICATIONS

You will be prescribed medications as part of your post-operative care. It is essential that you obtain these medications prior to your surgery. Once acquired, please take a photo of your medications and send it to us to confirm that you have received all the necessary prescriptions.

Post-operative care is a critical component in facilitating the smoothest and most successful recovery. For this reason, it is crucial that you adhere carefully to the following instructions:

- **Avoid:** Aspirin, Ibuprofen, Benadryl until cleared by Dr. Jaiswal.
- **Activity restrictions:** Make sure you are limiting repetitive movement with your torso and legs. Do not lift or carry anything more than 5 pounds. Avoid repetitive trips up and down the stairs. No exercise until cleared by Dr. Jaiswal. However, it is **IMPORTANT THAT YOU WALK EVERY HOUR** after surgery to decrease risk of blood clots.
- **Sleeping:** Try to sleep in a recliner or propped up on 2 pillows. Do not sleep on your stomach. Sleep with the compression garment ON.
- **Expectations:** It can take 6 months (or longer) to see the final results. Swelling will be present for months but can be minimized by getting numerous massages post op (three times per week). Scarring will take 1 year to reach its final stage.
- **Recovery can be enhanced by following instructions and doing the necessary work. As Dr. Jaiswal says- surgery can only get you to 50% of your goal. The rest is up to you:**
 - **Massages:** Important for reducing swelling and scar tissue; get these at least 3 times per week.
 - **Compression garments:** You will be given a faja and foam pads to wear after surgery. Use these exactly as directed. Wear these 24/7 for 3 months or until the doctor tells you to stop.
 - **Diet and exercise:** This is the most overlooked part of recovery. You need to commit to a healthy lifestyle in order to have great results. This includes a diet low in salt and refined carbohydrates and high in protein. Once cleared for exercise it should be done 4-5 days per week. A nutritionist and trainer can help you plan these out.



IMPORTANT SUPPLEMENTS

Protein

Why should I take this supplement? Protein is necessary for healing. Having an open wound and/or undergoing surgery increases your protein requirements.

Side effects: Avoid if you have kidney disease or are on dialysis.

Glutamine and Arginine

Why should I take this supplement? Glutamine and Arginine are amino-acids which help with wound healing.

Side effects: Common side effects include gastrointestinal issues. Arginine should be avoided in patients with low blood pressure.

Vitamins and Minerals

Why should I take this supplement? Certain vitamins and minerals help wound healing. Surgery can increase how much you need and they can be used to improve wound healing.

Vitamin A

Side effects: Patients with abnormal liver function or malnutrition can accumulate leading to side effects. Side effects include dry mucous membranes, vomiting, headache, muscle or bone pain, and hair loss.

Vitamin C

Side effects: This is relatively well tolerated except in patients with a history of kidney stones. Common side effects are gastrointestinal issues.

Vitamin D

Side effects: In patients with a history of kidney stones, Vitamin D can result in an increased risk.

Zinc

Side effects: Common side effects are gastrointestinal issues.

Omega-3 fatty acids

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection.

Side effects: Common side effects include gastrointestinal issues.

Probiotics

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing immunity, nutrition, and motility.

Side effects: Common side effects are bloating and diarrhea.

Homeopathic Therapies

Curcumin- a natural compound found in turmeric, a spice. Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection.

Side effects: None known

Arnica- extracted from Arnica montana, a plant that grows in the Swiss Alps. Why should I take this supplement? This supplement can decrease bruising and swelling.

Side effects: None known

Bromelain- an enzyme found in pineapples. Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

Side effects: None known



Dr. Rohit Jaiswal, MD



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MEDICATION TO AVOID 2 week before and 2 weeks after surgery

A

Advil
Aleve
Alka Seltzer
Anacin
Anexsia
Anodynos
APC
Arthritis Pain Formula Ascriptin
Aspergum Asphal Aspirin B-A

B

Bayer
Bayer Decongestant Bayer Timed Release BC Tablets
Buaa-A Compound #3 Bufferin

C

Cama
Campron Capsules Cogespirin
Cope
Coricidin

D

Damason
Darvon
Dolcin
Dolene Compound Dolor
Duradyne
Duragesic

E

Ecotrin
Empirin
Equagesic
Excedrin

F

Feldene
Fiorinal
Fizri Powder Gemnisyn

I

Ibuprofen

M

Measurin
Meprogesic
Midol
Mobic
Momentum
Motrin

N

Naprosyn
Nilain
Norgesic Novahistine

P

Pabirin
PAC
Panodynes Percodan
Persistin

Q

Quiet World Tablets

R

Relafen
Robaxisal Sal-Fayne Stanback
Tablets Stanco

S

Super Anahist Synalgos Talwin
Traminicin Trigesic Vanquish
Viromed

W

Way Cold Tablets Zactirin



PRODUCTS TO AVOID 2 weeks before and 2 weeks after surgery

- Alcohol (ok in moderation only)
- Chinese herbs
- Dried Leech Extract
- Echinacea
- Garlic (ok in food but don't take capsules)
- Ginger (ok in food but don't take capsules)
- Gingko (watch out for at juice bars as "memory enhancer" additive and Ginseng
- Protein Powders containing Vitamin E
- Omega Fish Oil
- Red Wine
- St John's Wort
- Vitamin E (ok in Multiple Vitamin, but don't take extra)

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