

Abdominoplasty (Tummy Tuck) – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk 10 minutes every hour while awake.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared at the six week mark.
- Avoid lifting more than 10 pounds for the recommended recovery period.
- You can return to work in 1-2 weeks.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Garment Care

- Keep incisions clean and dry. Wash with soap and water daily. Cover with ABD pads and then put on garment.
- Shower daily by gently cleaning the incisions with running water and soap. Do not soak the incisions.
- Wear compression garments as directed to reduce swelling and support healing.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Positioning

- Rest in a slightly flexed position (head elevated and knees bent) during the first week. You can use pillows or special foam to maintain that position.
- Avoid standing fully upright until cleared.

Drain Care

- If drains are placed, record output as instructed.
- Drains are typically removed once output decreases appropriately.

Compression Garment

- Wear abdominal binder/compression garment continuously for six weeks unless otherwise directed.
- We also recommend lymphatic drainage massages after drains are removed for four weeks (2-3 times a week)

Expected Recovery

- You can drive in 1 week. You can go on road trips in 2 weeks but must take breaks every 2 hours. You can fly one month after surgery.
- Swelling, tightness, and temporary numbness are common.
- Final contour results may take several months.