



DR. COURTNEY  
PLASTIC SURGERY

# TUMMY TUCK

## Postoperative Care

Print Name:  
Signature:  
Date Received

### **POST-OP:**

Rest quietly for the first 48 hours after surgery. You should walk or ambulate every couple of hours (with assistance) while maintaining a flexed or bent position (as to alleviate tension on your healing incisions.) Ambulation, or walking, is encouraged and is one of the best ways of maintaining lower extremity blood flow and preventing venous blood clots

- **1 week follow up:** Will remove any drainage, if needed.
- **3 week follow up:** Prineo tape and belly sutures will be removed. Start massage therapy. Purchase stage 2 garment if necessary.
- **6 week follow up:** Cleared from restrictions.

### **DIET:**

Start with a light diet, preferably liquids or soups, and then progress to a regular diet after 24 hours. This will minimize any post-operative nausea. You should start taking a stool softener the day after your surgery. Avoid salt as it can promote swelling

### **ACTIVITY:**

No strenuous activity is allowed for 6 weeks. When lying down be certain not to lie flat, but to elevate your head. **DO NOT RAISE YOUR ARMS, DO NOT MASSAGE OR APPLY ANY PRESSURE TO YOUR BREAST AND DO NOT LIFT ANYTHING OVER 10 LBS FOR THE NEXT 6 WEEKS.**

### **SHOWER:**

You may shower on the 3rd day after surgery with assistance. You should have someone assist you, as it is not uncommon to experience some dizziness during this initial shower. Before taking a shower, remove the Velcro binder and gauze pads covering your incisions. These gauze pads may be replaced after showering if needed. The small white tapes ("steri-strips") that directly cover your incisions should be left on for 10 days.

### **DRESSING:**

Your incision line will be covered with special steri-strip tapes, of which should be left in place for 10 days. After 10 days, when showering, you may gently wash your abdomen with soap and slowly remove the tapes that are starting to lift off.

### **CLOTHING:**

For ease in changing clothes without discomfort, wear clothing that fastens in the front for the first few days and on the day of surgery.

### **MEDICATION:**

All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea.

### **PROBLEMS:**

If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email [Elsa@drcourtney.com](mailto:Elsa@drcourtney.com)