Abdominoplasty (Tummy Tuck) – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for abdominoplasty surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Abdominoplasty is performed under general anesthesia and is an outpatient procedure. Recovery varies by individual but often involves limited mobility for the first few days and gradual improvement over several weeks. Wearing a compression garment is required for optimal healing and contouring.

### **Key Pre-Operative Guidelines (Summary)**

**Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.  
**Transportation:** A responsible adult must drive you home and remain with you overnight. Rideshare services are not permitted.  
**Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior).  
**Lifestyle Adjustments:** Cease smoking and limit alcohol intake in the weeks leading up to surgery. These steps reduce complications and support healing.  
**Day of Surgery:**

* Shower the night before or morning of surgery.
* Do not apply lotions, deodorant, or makeup.
* Wear loose, front-opening clothing.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* No-slip socks
* Compression garments
* Skinuva or similar scar gel (begin 6 weeks post-op)

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol (acetaminophen) as directed. Narcotic pain medication and anti-nausea medication may be prescribed.  
**Antibiotics:** Complete the full course, even if symptoms improve.  
**Mobility:** Begin gentle walking the day after surgery to promote circulation and reduce the risk of blood clots.  
**Positioning:** Rest with your upper body elevated and knees slightly bent to reduce tension on the incision.  
**Lifting & Activity:** Avoid lifting over 5 lbs or engaging in strenuous activity until cleared by your surgeon.  
**Showering:** You may resume showering the day after surgery unless otherwise instructed. Do not submerge the incision in water until fully healed.

**Incision Care:**

* Keep dressings clean and dry.
* Clean the belly button daily with a Q-tip and hydrogen peroxide, then apply a thin layer of antibiotic ointment.
* **Support Garments:** A compression garment is required for 4–6 weeks post-surgery to manage swelling and support healing.
* **Sensory Changes:** Temporary numbness, tingling, or itching is common and typically resolves over time.

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### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
  + For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on medication guidelines, wound care, return to activity, and recovery milestones, please download both documents below:

**[Download Abdominoplasty Pre & Post-Operative Instructions (PDF)]**