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## **Patient Instructions Following Abdominoplasty (Tummy Tuck)**

### **Before Surgery:**

1. Arrange for transportation to and from the office or surgery center and for a responsible adult to stay with you for several hours following surgery.
2. Two weeks before surgery, discontinue and avoid taking aspirin containing products (aspirin, Bufferin, regular Anacin, Fiorinal, Easprin, Aspirin with codeine, Darvon compound, Soma compound, and all Alka-Seltzer products).
3. Four days before surgery, discontinue all anti-inflammatory drugs such as Advil, Aleve, Clinoril, Feldene, Indocin, Meclomen, Naprosyn, Motrin, and Relafen. You may take Tylenol, Datril, Panadol, or Anacin III as needed.

### **Day of Surgery:**

1. Please do not eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. Please shower the morning of surgery; remove contact lenses.
4. Wear comfortable clothing (loose blouse, button-down shirt).

### **Day One Post-Operative:**

1. The most important thing to do on the day of surgery is to **relax and rest**. During the day, rest in either an easy chair or in bed with your back and knees supported by pillows. When you go to bed, sleep with two to three pillows under your knees. Keep your head and back elevated with two to three pillows.
2. Every hour, exercise your calf muscles for 10 minutes to keep the blood circulation in your legs.
3. Take your prescribed pain medication as needed to remain comfortable. If you have nausea or vomiting use the suppositories as directed.
4. Drink plenty of liquids. Avoid alcohol and caffeine. Try to avoid excessive straining if you have a bowel movement.
5. Do not attempt to do any work around the house. Avoid bending over, lifting or straining. Stay in bed with your back and legs elevated by pillows.
6. You may adjust your support garment as needed for comfort. It should be snug but not uncomfortable.
7. Empty your JP drains at 8am, and 8pm. Record the output and empty them at any time in between should they become full.

8. Sponge baths are ok, though you should avoid showering and tub soaking while drains are present.

**The following should prompt a call to Dr. Perry:**

- Difficulty breathing
- Pain or nausea/vomiting unrelieved by the medications

**Day Two:**

1. The abdominal support garment should be worn at all times.
2. Slowly ease back into standing and walking. Full extension (standing up fully) may not be possible during the first week.
3. Continue to drink plenty of liquids and start solid foods as tolerated.

**Day Three**

1. Most patients are starting to feel better by this day, though you will still feel tired and sore.
2. The support garment should be worn at all times for three weeks, then during the day for the next two weeks.
3. Driving or operating machinery must be avoided for at least the first week and while taking narcotic pain medication or if unable to painlessly make the body movements required for driving safely.
4. Dr. Perry may be reached for urgent problems or questions.