

ABDOMINOPLASTY - TUMMY TUCK

Post Operative Instructions

If your temperature reaches over 101 degrees or if there is any localized redness, swelling or drainage of the incision, call Vivian R.N. at 281-440-7797 ext 14. After 5:00pm weekdays or weekends call 281-537-3419.

1. Possible post-operative problems include infection, fluid accumulation underneath the abdominal flap and wound disruption. In order to help prevent this, the following instructions should be followed.
2. Remember to walk in the bent position for at least 2 weeks after surgery.
3. **Limit regular activities for 3 to 4 weeks** following surgery. **DO NOT LIFT HEAVY OBJECTS or CHILDREN!**
4. Clean the incision with hydrogen peroxide twice daily. You may shower (**NOT TUB BATHE**) after the drains are removed. Be careful not to saturate the incision with water for 2 weeks
5. Please make an appointment 2 weeks after surgery for suture removal.
6. **Wear the abdominal binder for 2 weeks at all times except when showering.** You will need to wear a girdle for approximately 4-6 weeks after your sutures are removed.
7. The incision will be red for several months but will gradually disappear over a period of 6 months to 1 year.
8. Take all medications with food and plenty of fluids.

It is important that you understand and comply with these post-operative instructions.

If you have any questions or concerns, please call Vivian R.N. at 281-440-7797, X14.

8/4/2004