

POST OPERATIVE APPOINTMENT IS SCHEDULED FOR

If you need to schedule or reschedule please contact Sunny at 501-224-1859

POST OPERATIVE INSTRUCTIONS

ABDOMINOPLASTY (TUMMY TUCK)

1. IT IS IMPORTANT TO GET OUT OF BED EARLY AND OFTEN AFTER YOUR SURGERY (WITH ASSISTANCE) TO PREVENT POSTOPERATIVE PROBLEMS. PLEASE TAKE DEEP BREATHS FREQUENTLY TO KEEP YOUR LUNGS CLEAR (15-20 PER TIME). ALSO WHEN LAYING IN BED TIGHTEN YOUR CALF MUSCLE SEVERAL TIMES TO MAINTAIN BLOOD FLOW.
2. It is important to walk slightly - "stooped over"- bent at the hips for 3-5 days to release tension on the suture line. Sleep with your hips in a flexed position. These instructions aid in the quality of your scar.
3. Take your pain pills and muscle relaxants as directed for the first 2-3 days to manage your discomfort.
4. Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.
5. Stay on a soft diet for 2-3 days and avoid spicy food which can cause nausea and gas. If unable to have a bowel movement you may take Dolcolax (stool softener) to aid you in this.
6. Keep your drainage bulbs collapsed and record time and amounts of drainage over a 24-hour period. All patients heal differently according to many factors. Dr. Love will make the decisions regarding drain removal and necessity of office visits. (Generally the drains will be removed when the drainage is 20cc or less in a 24-hour period, which usually occurs in 10-14 days). You may shower the day after surgery, make sure someone is with you at your first shower!
7. Wear a binder continuously until your post operative visit. You can take it off to shower.
8. The incision lines are normally covered with steri-strips (white strips) these are to stay on until your post operative visit. They may get wet in the shower. After the shower pat dry. If you notice they are peeling up or an odor please contact office before removal. If you do not have the steri-strips, the incisions are to be cleaned twice a day with half strength hydrogen peroxide (dilute with tap water). Apply Polysporin ointment and a dressing after cleansing for three days. After three days soap and water are fine.
9. Please call Dr. Love immediately at any sign of infection which would be signaled by fever, increased pain, new redness or swelling in the abdominal area.

Additional information is in the Pre-Operative Packet given at the time of Consult!

If any questions or concerns arise PLEASE call Dr. Love's office at 501-224-1859.

