

# ABDOMINOPLASTY “TUMMY TUCK” SURGERY

## Postoperative/Discharge Instructions

### SURGICAL SITE CARE:

- If steri strips are on your incision (look like white pieces of tape), leave them in place. As they peel off, carefully trim with scissors, *do not remove* strips if they are still firmly adhered to the skin
- You may apply fresh dressings, gauze, tape etc as needed.
- Once the steri strips have fallen off, you may cleanse the incision with mild soap/water and cover with dressings as needed. You may apply triple antibiotic ointment (Neosporin, etc) to the incisions as needed.
- You will need to empty and record the outputs of your JP drains. Please bring a record of the outputs to your follow-up appointment.
- **\*\*If a compression garment is warranted, you must wear it *at all times* (24 hrs a day except when showering) for the first 3 weeks after surgery. For weeks 4-6, you must wear your compression garment *most* of the time; you may take short breaks during the day if desired. Do not discontinue use of the garment until cleared by a provider.**

### MEDICATION:

- Only take your pain medication as prescribed. If you find that the medication does not work for you, please notify us and we can prescribe different medication.
- Please check with a provider before adding/changing your medication.
- Take the full course of antibiotics if they were prescribed. *Do not* discontinue the antibiotic early as this can make you susceptible to infection with resistant bacteria.

### ACTIVITY RESTRICTIONS:

- Showering is permitted the day after surgery, you may let the water wash over the incisions, use mild soap, dry the areas well and apply dressings as needed.
- Baths and/or swimming is *not* permitted until cleared by a provider.
- Wash hands often and avoid “dirty” surfaces in order to decrease risk of infection
- You may need to sleep in a slightly flexed position as your abdomen may feel tight for the first few days after surgery.
- No lifting of items heavier than 10lbs for the first 4-6 weeks following surgery. Do not do so until cleared by a provider.

### \*\*REASONS TO CALL THE OFFICE AFTER YOUR PROCEDURE:

- If you have a temperature of *101.0 degrees or higher*

- If you suspect you may have an infection, such as if the surgical site appears red, feels warm to the touch, is exquisitely tender, or has thick white/yellow/green drainage (pus)
- If you have surgical pain that is not alleviated with your prescribed pain medication
- Most other issues/concerns can be addressed at your first postoperative visit. Please call our office after your surgery to schedule this appointment if it has not already been arranged. Our office phone number is **512.533.9900**.