

Tummy Tuck Pre-Operative Instructions

1. DO NOT have anything to drink or eat after midnight on the night before surgery
2. Be sure to wear loose fitting clothes on the day of surgery. Do not wear a shirt that has to be pulled over your head. Instead wear a shirt that has buttons or a zipper along the front.
3. Leave all jewelry at home.
4. Leave contact lenses at home.
5. Do not wear makeup or nail polish on the day of surgery.
6. Do not have alcoholic beverages for at least one week before surgery. Drinking alcohol may cause you to bleed more than usual during and after surgery.
7. If you develop acne, a rash or other skin lesions on your abdomen prior to surgery, please notify the office immediately.
8. If you develop a cold, fever or other symptoms prior to surgery, please notify the office immediately.
9. If you have children, we recommend that you arrange for help because bending. Lifting and playing will be prohibited after surgery for at least one week.
10. Avoid sunbathing and tanning salons for at least two weeks prior to surgery. Avoid it also for at least six weeks after surgery.
11. Arrangements must be made for someone to drive you home after surgery and for the first after surgery. We will notify you when you be able to drive yourself.

Post Surgery Drain Care

Drains are used in the in are used in the incision area to stop fluid building up. The fluid keeps the surgical site from healing.

Each drain has a suction bulb that will hold fluid. The amount of fluid that collects in the bulb over a 24-hour period will slowly decrease. The fluid color may change from red to reddish-yellow, then to yellowish-white.

Stripping the Tube:

Each tube should be “stripped” if it looks like it is not draining:

1. Hold the tubing near where it is inserted into the skin with your hand.
2. With the other hand (or a hard object like pencil), gently squeeze the tubing while moving the hand along the tubing in a downward direction, away from the skin, toward the suction bulb.
3. You may need to repeat this a few times to get it to start draining again,

Draining the Tube:

Until a tube is removed, you have to empty the suction bulb on it two times a day or whenever it becomes full. Follow the steps below to drain the tubes.

1. Wash your hands with soap and water and dry them well.
2. Leave the suction bulb connected to the drainage tubing. Remove the drain stopper.
3. There are lines on the side of the suction bulb that correspond to the volume of fluid contained.
4. Estimate how much fluid there is in the bulb by lining up the fluid level with one of the lines. Give the best estimate based on where the level is.
5. Once you have estimated the amount, record it in the drainage record chart below. Also record the date and time you drained it.
6. Do this for each drain.
7. With the drain stopper removed, squeeze the bulb to empty all drainage into the toilet.
8. To restart the suction, gently squeeze all of the air from the bulb. Then close the plastic stopper. The bulb should be flat for the drain to work properly.
9. Look at the drainage to see if it has an unusual color or odor. Look at the drain insertion site to see if there is any tenderness, redness, warmth to touch or pus. Call the office if you see any of these signs.
10. Wash your hands with soap and water and dry them well.

Post-Operative Instructions

1. For the first week following the procedure, you should do only light physical activities such as walking to the kitchen or dining room to eat, to the bathroom, or elsewhere that is not strenuous (do not stay constantly in bed). You should not drive during this period.
2. For the next week, you should do limited regular activities such as going to the grocery store or doing other non-strenuous activities. Do not lift anything heavier than a phone book.
3. You can resume light exercise such as walking two weeks after surgery.
4. After one month, you usually can resume all activities except for heavy lifting.
5. You may shower the first day after surgery.
6. You will be given a binder to wear around your waist. Wear the binder at all times, except to shower and bathe.
7. You will need to wear the binder for a total of about three weeks.
8. You will need to sleep with your head slightly elevated on two three pillows and another pillow below your legs for the first 3-5 days. This position is designed to reduce the tension on your wounds.
9. It is normal to see some light bleeding from the incision sites. There may be some blood on your binder and dressings as well. Don't be alarmed. This is normal. If you believe it is excessive, call the office.
10. All the stitches used will be dissolvable. However, there may be some small stitches which will be removed one week after surgery.
11. There is absolutely no smoking allowed after surgery. You must also avoid second hand smoke. Smoking, even second hand smoke, will impair the healing process and lead to complications.
12. You must not drink alcohol after surgery for at least 2 weeks. Alcohol may lead to increased bleeding.
13. Do not take aspirin or any aspirin containing medications for at least two weeks after surgery

14. If you have any questions at all do not hesitate to call our office.