



Tummy Tuck (Abdominoplasty) Post-Operative Instructions

Following your surgery, it is important that you follow Moore's post-operative instructions very closely. This will increase the likelihood of having an uneventful recovery, achieving the results you desire, and avoiding preventable complications. If you should have any questions regarding these instructions or any other aspect of your care, please call Dr. Moore's office at 229-259-0019. After normal office hours please call the South Georgia Medical Center Switchboard 229-333-1000 and ask for Dr. Bridgett Moore or the plastic surgeon on-call.

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- You have been prescribed pain medication (usually Demerol or Norco). It is acceptable to alternate these medications, but DO NOT take these medications at the same time to prevent the danger of serious sedation.
- You have been prescribed an antibiotic (usually Keflex unless allergic to Penicillin, at which time an alternative will be provided). Take this prescription as prescribed until all the medication has been taken to prevent infection.
- You will be provided medication to prevent/treat nausea (usually Phenergan or Zofran). Take this medication as needed. If your nausea persists after 24 hours contact Dr. Moore at the numbers provided.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive car for 2 weeks; after 2 weeks, only drive car with automatic shift and power steering.
- Do not drive until you have full range of motion with your arms and able to press the breaks in a sudden motion.
- You may want to sleep in a recliner or in bed with the head elevated and pillows under the knees to decrease the tension on your incision.
- Limit use of arms for 4-6 weeks.
- No heavy lifting.
- Avoid strenuous exercise and activities for 4-6 weeks.
- Social and employment activities can be resumed in 7-14 days (this will vary depending on your type of work).

Drain Care/Incision Care

- Keep your drain tubes squeezed closed (primed) at all times. You will need to empty and record the drainage on the drain record provided twice daily. Do not allow the drain sites to get wet and do not insert any water or fluid into the tube or collection bulb.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on/replace as needed.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Leave dressing on for length of time prescribed by your surgeon.
- Wear your surgical binder 24/7 for 6 weeks post op (your surgeon may modify these instructions).

What to Expect

- There may be postoperative pain, temporary bruising, discomfort, numbness, dry skin, swelling and discoloration.
- May be some loss of sensation in the area of and below the umbilicus (belly button).
- Scars will fade in several months to a year.
- The abdomen will feel firmer with a narrower waistline.
- You will walk slightly bent forward and gradually return to normal posture over the next few weeks

Follow-Up Care

- You have a post-operative appointment! Note it here: scheduled for: _____
- Drainage tubes are removed when the 24-hour output is less than 30 ml x 2 days.
- Sutures are removed in 7-14 days.

When to Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.5 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For Medical Questions, Please Call:

229-259-0019, Monday – Thursday 8:30-5pm and Friday, 8:30 a.m. - 12 p.m.

After hours and on weekends, call SGMC Hospital Paging at 229-333-1000 and ask for Dr. Moore or the Plastic Surgeon on call.