

## Care After An Abdominoplasty (Tummy Tuck)

### ACTIVITIES

- **Starting the day after surgery, please ensure you get up and walk around every hour while you are awake.** When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots. You may need some assistance to go to the bathroom.
- Try to remain in a flexed (i.e. bent) position and avoid standing up straight for the first few days after surgery. You will notice that you will gradually be able to walk more upright as time passes and as your tissues relax.
- If lying on your back, place a pillow under your knees and a few extra pillows under your head to help maintain that bent position.
- **Please ensure you are doing deep breathing and coughing** for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough, supporting your stomach with a pillow).
- You must avoid strenuous activities and exercise for about six weeks. You will be able to walk around immediately following surgery.
- If applicable, you may resume sexual activity when you feel comfortable. Generally, waiting 6 weeks is adequate, but each patient may feel differently. Use your discretion and listen to your body and how you are feeling.

### MEDICATIONS

- Please do not take any Advil, Ibuprophen, Aspirin, Motrin or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- Take Tylenol instead of your narcotics when you feel able.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you are still experiencing constipation, speak to your pharmacist about taking a laxative.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- The skin on your abdomen will be numb for 3 to 6 months. **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

## **DRESSINGS and SHOWERING**

- You must shower on the second morning after your surgery and then on a daily basis. No earlier please. Please have someone present with you when you are having a shower for the first time after surgery and do not lock the bathroom door as you may feel dizzy. **DO NOT TAKE A BATH** or go in a hot tub/pool.
- Remove all layers of your dressings before showering.
- Your skin was cleaned with a pink antiseptic solution before surgery. You may also have some residual pen markings this all will gradually wash away with showering.
- When showering, wash gently with your usual soap and water. Do not use a stronger cleaning product.
- Pat your incisions dry and apply some clean gauze/sanitary pads directly over any areas that may still be draining (a small amount of drainage is normal for the first few days). The gauze/pads only need to be used over the draining area(s) for as long as you have drainage from your incision.

## **GARMENTS**

- You may have been fitted with a pair of TED stockings. You are to wear these stockings for 2 weeks day and night after your surgery. These stockings will help minimize any chance of blood clots.
- You have been fitted with a compression garment. This garment is to remain in place day and night for 2 weeks and then just during the day for an additional 4 weeks.
- Please remove the stockings and garment before your shower.
- The garment and the stockings should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garments and then put them in to dry while you have your shower so they are ready to be put on when you are done.

## **WHAT YOU CAN EXPECT**

- You will have moderate discomfort and tightness of your abdominal area which will gradually improve. If your pain begins to increase and is unmanageable, please contact the office.
- Moderate swelling will occur and will be maximal at 2-4 days after surgery. Swelling is usually much better in 4-6 weeks, but occasionally, can persist longer, especially in the lower abdomen just above the pubic area.
- Bruising is also to be expected and this can sometimes be seen across the abdomen, in the thighs, groin area and lower back. This will gradually go away on its own.

Please note that you will **NOT** be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE. This is the law.**

Please ensure you contact us FIRST (not your GP) with any questions or problems.  
Please call the office at 519-746-1132 or email [postop@thecosmeticsurgeryclinic.ca](mailto:postop@thecosmeticsurgeryclinic.ca)

In an emergency situation after hours, please contact Dr. Ma directly at 905-818-0746.  
In the event that you cannot reach Dr. Ma and you need attention urgently, please go to your nearest emergency department.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor or call Tele Health for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

**Last Dose:**

Acetaminophen 1000mg (2 tablets) @ \_\_\_\_\_ (pain reliever)  
Celebrex 100mg @ \_\_\_\_\_ (pain reliever/swelling)  
Lyrica 75mg or Lyrica 100mg @ \_\_\_\_\_ (nerve receptor blocker)  
Docusate Sodium 100mg start tonight

Your last narcotic dose was @ \_\_\_\_\_

We love hearing from you!

