



Dr. Robert L. Shenker
B.Sc.(Hons), M.Sc., M.D., F.R.C.S.C.
Plastic Surgeon

The Cosmetic Surgery Clinic

50 Albert Street
Waterloo, ON, N2L 3S2
Telephone: 519-746-1132
www.drshenker.com

ABDOMINOPLASTY (TUMMY TUCK) SURGERY

- For the first few days at home, take it easy but not bed ridden. You may need assistance to go to the bathroom. When resting, make an effort to move your feet and legs. This will minimize any chance of getting blood clots. You should get up and move around once an hour while awake.
- You have a prescription for pain. Use these carefully as sometimes they cause nausea and constipation. Straining, such as lifting, vomiting and coughing are to be avoided, as this may cause bleeding. Support your incision with a pillow across your abdomen if you need to cough or have vomiting.
- If you have a prescription for antibiotics, start taking them on the day of surgery and finish all the pills.
- You have been fitted with a compression garment to remain in place day and night for 2 weeks.
- You are permitted to remove your garment and shower the day after surgery. Please have someone with you, and don't lock the bathroom door when in the shower.
- Try to remain in a flexed position and avoid standing up straight for the first few days. If lying on your back, place a pillow beneath your knees and an extra few pillows under your head.
- You must avoid strenuous activities and exercise for about 6 weeks. However, you will be able to walk around immediately following surgery.
- No attention whatsoever is needed for your automatic pain pump.
- The skin on your abdomen will be numb for 3-6months. AVOID heat/cold packs!!

WHAT YOU CAN EXPECT

- You will have moderate discomfort and tightness of your abdominal area. This should gradually improve. If pain begins to increase and is unmanageable, please contact the office or Dr. Shenker directly at home if it is after hours. (Numbers listed below)
- There will be drainage of blood into your drain reservoirs. This will be maximal during the first 24 hours and will gradually decrease. The bulb needs to be in a compressed position to maintain suction. Open the top valve, give bulb a squeeze, and then while compressed, put the lid back on. After the first day you will need to empty it into the toilet. Record the amount on a piece of paper and recompress the bulb. It is usually removed when fluid is less than 30cc per day.
- Moderate swelling will occur and will be maximal at 2 days after surgery. Swelling is usually gone in 4 weeks, but occasionally, can persist longer, especially in the lower area just above the pubic area.

If you have any questions or problems, please do not hesitate to call the office at 519.746.1132, or if it is after hours, you may contact Dr. Shenker directly at 905.628.1302.

refresh
renew
revitalize