



POST-OP INSTRUCTIONS ABDOMINOPLASTY (TUMMY TUCK)

Pain and Discomfort

Following the surgery you may feel some pain and discomfort, especially when you move or cough, but this is generally well controlled with pain medication. Some patients may experience nausea and vomiting after anesthesia this usually lasts less than 24 hours and should be treated with lots of fluids and rest. It is okay to take a stool softener a few days prior to surgery to help with the bowel movement process after surgery.

Pain Pump You may have a local pain relief system that delivers numbing medicine automatically to your surgical site. The pump connects to a thin catheter which can be easily clipped to your clothing or can be carried in a small case. After the medicine is dispensed we will remove the pump in 2-5 days.

Garment and Swelling

Any bandages will be removed 3 days after surgery; however you should continue wearing the abdominal binder for up to 4 weeks. Maximum swelling is usually seen at about 3-5 days. Most swelling and bruising will start to resolve within 2 weeks. A small amount of fluid draining from your surgical wound, or some crusting, is normal. If you have any unusual symptoms, such as bleeding or severe pain, don't hesitate to call.

Drain and Incision care

You will have one or two small drainage tubes coming out through the lower abdomen. These are removed depending on the amount of drainage you have in a 24 hour period. You will need to document the amount of drainage you have every 24hrs and report that amount to the nurses. You may shower *the day after* the drains are removed. When taking a shower, remove your abdominal binder but leave the small white tapes that cover your incision. The strips can get wet but should not be removed. After your shower, gently towel yourself dry (do not rub the steri-strips) and then put your abdominal binder back on. You can not submerge in a bath, pool or whirlpool for 2 weeks. The steri-strips will fall off by themselves in 2 to 3 weeks.

Dr. Polynice closes all incisions with internal, absorbable sutures; therefore sutures do not need to be removed after surgery.

Belly Button You will need to cleanse the belly button daily with a hydrogen peroxide and apply a small amount of Bacitracin or Polysporin to this area, after your first follow up visit.

Activity and Exercise

You should start walking the day after surgery even though you may not be able to stand straight at first. After the first week you can start to resume your normal, non-stressful daily activities. Some people return to work after 2 weeks while others take 3 to 4 weeks to rest and recuperate. You should avoid sexual activity for at least two weeks.

DON'T TAKE ANY CHANCES! If you are concerned about anything you consider significant, please call the office at **518-786-7000**.

It is very important to keep all Post op appointments.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Alain Polynice, M.D

PatientName _____ MD _____

Relationship _____

Nurse _____