



INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786
Phone (909) 982-8888

Abdominoplasty / Tummy Tuck

Dressings - Starting the first operative day, wear your support garment full time for the first three weeks and half time for the following three weeks. You should loosen the garment a few times daily to be sure that the skin is not folded or creased in an unnatural position. You should take your garments off and shower daily. Lather the tape with soap and water. Do not submerge the incisions in water. The tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). Your garment should be washed and dried daily to avoid infection. We will remove the tape at your one week appointment.

Sutures - Dissolve in about two weeks. If skin staples are used, they will be removed in about seven days.

Wound Care - Tape may be cleaned daily in the shower by lathering with soap and water. The tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). If drains are used they will be left in until there is minimal drainage to be decided at your one week appointment. After the dressings are removed by your surgeon, the incisions may be cleaned with diluted peroxide then coated with antibiotic ointment or scarguard as instructed.

Activity - Sleep with the head of your bed elevated 30-45 degrees for one week. Bend at the waist when up walking for one week. Increase your activity as tolerated with no heavy exercise or lifting for at least two weeks. Do not lift over 5 lbs on the first week and 10 lbs the second week; walk slightly bent over for the 1st week after surgery. If you are having traditional tummy tuck, please wear your support hose for at least one week or until you resume full activity. Be sure to move extremities - i.e. rotate ankles and flex knees during this period of decreased activity as this promotes good venous return and helps prevent blood clots. Avoid driving while still taking prescription pain medication.

What to Expect - Significant swelling may persist for 8-10 months with persistent bruising for a week to 10 days. As numbness subsides, it is common to feel tingling or sharp sensations, which will eventually fade away. Please call with any questions or concerns.

Drain care - Drains will be left in until there is minimal drainage to be decided at your one week appointment. **Twenty-four hours before your one week appointment you must keep a record of the output from your drains.** If two drains are used record each drain separately. Antibiotics must be taken as long as drains are in, so call if you run out.

Signs of Hematoma - Painful extreme swelling and hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you display any of these symptoms.

**Please Purchase these items from your local drug store before surgery
and bring for your overnight stay**

Assurance Sl Underpads 23" x 36" Maxipads (to cover incision sites and absorb drainage) Prescription medication
