

## PURE PLASTIC SURGERY

### Lipo-Abdominoplasty (Tummy Tuck) Post-Operative Instructions

#### Immediately After Surgery

1. After your surgery, you must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
2. Your first post-operative appointment will be with our staff the day after your surgery. This appointment will be virtual, unless you have a massage appointment scheduled with us.
3. The follow up visit will be scheduled with a surgeon approximately 5 days after your surgery. Please refer to the patient portal for the appointment information.
4. You must wear your abdominal binder 24/7 (remove to shower only) until your drains are removed. You can then transition to your compression garment.
  - a. Compression garment is worn 24/7 for 1 month after surgery and then at night only for 2 more weeks.
5. TWO drainage tubes are placed underneath the skin at the time of surgery. You must strip, empty and record the drain output EVERY 4 HOURS or sooner if the bulb fills with fluid.
  - a. YOU MUST bring a sheet with a recording of drain outputs to the post-op visits to help your surgeon decide when he can remove your drains.
  - b. For the most part, drains are removed at 7 -10 days after surgery.
  - c. It is normal to have some bloody drainage in the bulb.
6. Drink water after surgery. You should consume at least 8 cups of water (8 oz each), but try to drink a gallon of water a day.
7. Do not take any aspirin-type products for 4 weeks after surgery. ONLY use the pain medication prescribed by the surgeon or Tylenol.
8. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
9. You are only allowed to take a single multivitamin a day.
10. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
11. Once you feel up to it, the maximum weight allowed to lift is 10 pounds for 6 weeks.
12. **Work:**
  - a. Expect to take at least 7 days off of work if you are employed.
  - b. Please limit ALL activities for the first week following your procedure.
13. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least **every 3 hours for 10 minutes.**
14. Follow a liquid diet for the first day after surgery and transition to a soft diet for the next 2 days followed by a regular diet.
  - a. Do not take narcotic pain medication (oxycodone) without having some food in your stomach or it can cause nausea and vomiting.
  - b. Take an over the counter stool softener twice a day (Colace for example 100mg BID) while taking narcotic pain medication.

### 15. Showering:

- a. Start showering 24 hours after surgery and do so once a day.
- b. You are allowed to only shower for the first 30 days after surgery. No baths. Use soap and water to all incisions using a gentle circular motion and pat dry. Do not rub the wounds.
- c. Support the drains while in the shower so they don't pull out of the skin.
- d. Leave the steri strips on while showering. They will fall off on their own over time. You can dry the steri strips with a blow dryer on the cool setting.
- e. **You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until six weeks after surgery.**
- f. Place bacitracin (not Neosporin) to the belly button once a day. Only a small amount. Do not goop it on. You can also clean the belly button with a cotton tip applicator and hydrogen peroxide for the first couple of days after surgery.
- g. Do not place any ointments to the steri strips. Never use alcohol on your wounds as it kills healthy tissue.
- h. Do not use warm or hot pads on the wounds or abdomen.

### 16. Sleeping:

- a. Sleep with your back on 2-3 pillows and bend slightly forward to decrease stretch on your abdominal wound.
- b. You can also sleep in a recliner.
- c. You can resume your normal sleeping position at 2-3 weeks as long as it feels comfortable.

## Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a minimum of **5 days after surgery**.
2. No sexual intercourse for 6 weeks.
3. Do not drive for 5-7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking oxycodone.
4. All sutures are dissolvable and do not need to be removed.
5. No smoking is allowed 6 weeks before and 6 weeks after surgery. Hopefully you do not smoke at all.
6. No alcohol for 2 weeks after surgery. Do not consume alcohol while taking pain medication.
7. Do not undergo any dental procedures 6 weeks before and after surgery to avoid infections.
8. Please avoid all direct sun exposure to the wounds for 8 weeks after surgery.
  - a. Start using sunscreen 10 days after surgery (or once steri strips have been removed) every day and use it for **1 year** to minimize scarring.
  - b. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
9. You must be seen in the clinic for regular follow-up visits during the first 3 months followed by another visit at 1 year at minimum. If you cannot return to Miami for post-op visits, we will schedule a virtual follow up via Klara.
10. It is NORMAL to have bruising and swelling to the surgical area as well as the genitalia. This will gradually improve over several weeks.

11. If you experience any fever (101.5 or higher), shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.

\*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

### **Post-op Concerns**

Most post-op questions can be answered during your post-op visits. However, we are always available to answer your questions through our HIPAA compliant text messaging system Klara. If you are experiencing any of the following, please call the office:

1. You experience any fever (101.5 or higher taken with a thermometer), shortness of breath, chest pain or unusual pain in the operated area.
2. You have bright red bleeding that saturated or oozed the pads (pink or translucent oozing during the first few days is normal).
3. You have severe pain that is not responding to medication or if the incisions are showing signs of infection (such as redness that spreads away from the incision to the adjacent skin and is extremely tender), foul odor drainage through the incisions.

The office can be reached directly at **305-230-4326**

**IMPORTANT:** Do not use Klara for urgent messages between 5pm and 9am Monday-Friday and on weekends. Our staff does not review Klara messages outside of office hours. For urgent medical questions, please call the office and, if we are closed, you will be transferred to the after hours answering service.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:  
Kendall Regional Hospital  
11750 SW 40th St.  
Miami, FL 33175

South Miami Hospital  
6200 SW 73rd St.  
South Miami, FL 33143

**IF YOU ARE HAVING A LIFE THREATENING EMERGENCY, PLEASE CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM AND CALL US TO LET US KNOW ONCE YOU ARE ABLE TO DO SO.**

I have read and understand the post op instructions provided above. I do not have any further questions at this time.

Patient Name: \_\_\_\_\_ Patient Signature: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_