

HEARTLAND PLASTIC —| & HAND SURGERY |—

DAVID M. DEISHER, M.D.

INSTRUCTIONS FOLLOWING YOUR ABDOMINOPLASTY (TUMMY TUCK)

ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE

1. After surgery there will be a light dressing on the incision and perhaps an abdominal binder. The binder should remain on and in position as directed.
2. You will need to rest with several pillows under your head, and several under your legs to decrease the abdominal tension. Do not try to stand up straight.
3. There will be several drains that will remain in place for 1 - 2 weeks. Empty and record the drainage twice a day as the nurses instructed you.
4. You may remove the bandages and shower 2 or 3 days after surgery. You may want to pin the drains to a piece of clothing while showering to prevent the drains from pulling on the skin. Showers are allowed, but no baths or soaking.
5. After showering, use antibiotic ointment around umbilicus (belly button), incision, and around the drain sites. Then place a light dressing over the incisions and gauze around the drains. Use the abdominal binder if provided.
6. It is common to have drainage on the bandages and around the drain sites. Do not be alarmed by this.
7. Take your antibiotics and pain medicine as directed.
8. **DO NOT TAKE ANY ASPIRIN CONTAINING COMPOUNDS OR ANTI-INFLAMMATORIES UNTIL INSTRUCTED TO RESTART THEM BY YOUR PHYSICIAN. This can increase the risk of bleeding.**
9. Absolutely no exercising or working out of any kind until I give the O.K. This is usually around 3 weeks after surgery.
10. **SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR:**
 - a. Temperature over 101 degrees Fahrenheit
 - b. Sudden increase in abdominal swelling and tightness
 - c. Sudden chest pain or shortness of breath
 - d. Any unusual symptoms