

MICHAEL J. SUNDINE, M.D., F.A.C.S.
AESTHETIC PLASTIC SURGERY
Certified By The American Board of Plastic Surgery

**ABDOMINOPLASTY
(Tummy Tuck)
AFTER CARE INSTRUCTIONS**

Preoperative Instructions

Please shower with Dial® Soap and wash your abdomen, chest and groin areas daily for the first 3 days prior to surgery.

On the day prior to surgery take only thin clear liquids for breakfast, lunch, and dinner. This may include water, coffee, tea, Crystal Lite, Gatorade or sports drinks, carbonated and noncarbonated soft drinks, plain Jell-O (without added fruit or toppings), clear broth or bouillon, apple juice, orange juice or lemonade (without pulp), and ice popsicles.

You do not need a prescription for Magnesium citrate. Drink one 10 ounce bottle of Magnesium citrate at 4:00 PM. **The purpose of this bowel preparation is to reduce any pressure on your pelvic veins and reduce the risk for development of blood clots in your veins.**

Postoperative Instructions

IT IS IMPORTANT TO GET OUT OF BED EARLY AND OFTEN AFTER YOUR SURGERY (WITH ASSISTANCE) TO PREVENT POSTOPERATIVE PROBLEMS. THIS ACTIVITY WILL GREATLY REDUCE THE RISK OF BLOOD CLOTS IN YOUR LEG VEINS. PLEASE TAKE DEEP BREATHS FREQUENTLY TO KEEP YOUR LUNGS CLEAR (15-20 PER HOUR).

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

It is important to walk slightly-"stooped over"-bent at the hips for 3-5 days to release tension on the suture line. Sleep with your hips in a flexed position. These instructions aid in the quality of your scar.

Take your pain pills and antibiotics as directed.

Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.

Stay on a soft diet for 2-3 days and avoid spicy food, which can cause nausea and gas.

Keep your drainage bulbs collapsed and record time and amounts of drainage over a 24-hour period. All patients heal differently according to many factors. Dr. Sundine will make the decisions regarding drain removal of office visits. (Generally the drains will be removed when the drainage is 30 cc or less in a 24-hour period, which usually occurs in 10-14 days). You may shower when the drains have been removed. Sponge bathe until the drains are removed.

Wear an abdominal binder continuously for 7-10 days. You may take it off to sponge bathe.

Do not use a heating pad under any circumstances. You may have some numbness in the treated areas and the use of a heating pad may cause skin burns.

Do not submerge yourself in a bath, swimming pool, whirlpool, or ocean for 2 weeks after surgery.

Begin massage of the incision scars two weeks after the surgery. They can be massaged with vitamin E, aloe vera, or moisturizing cream. You may also purchase a cream to help minimize scarring, please ask our nurse if you are interested.

Please call Dr. Sundine immediately at any sign of infection, which would be signaled by fever, increased pain, new redness or swelling in the abdominal area.

You may resume sexual activity in 3 weeks. For the first 10 days following surgery, raising your blood pressure (heart rate) will cause bleeding. Abdominal stress on your muscles will stretch/break the stitches if you exercise before 4 weeks. At four weeks you should consider passive or less vigorous sexual activity that will not cause abdominal movement. Please do not drive for 7-10 days.

Do not lift anything heavier than 10 lbs. for 4 weeks.

It is good to walk for 15-20 minutes 2-3 times per day.

Do not take aspirin, ibuprofen, naprosyn, or any products that contain aspirin, ibuprofen, or naprosyn for 3 weeks after surgery.

Do not run, lift weights, play tennis or golf for 6 weeks after surgery. (Keep your heart rate under 100 for 4 weeks)

WHAT TO EXPECT AFTER SURGERY

Moderate swelling of your abdomen is to be expected. You may find that your clothes may not fit as easily as before. Be patient. The swelling will gradually subside and you will be back to normal in 3 to 6 months.

Sensations like numbness, sharpness, and burning are common in the healing process. These sensations may last several weeks and will gradually disappear.

Because of the removal of tissue from your abdomen, there is a certain amount of tightness that is to be expected. This will slowly relax within 6 months.

Female patients-if you notice some vaginal burning and itching (vaginitis) as a result of the antibiotic used during and after surgery, our office or your family physician can prescribe Diflucan.

Infrequently after surgery you may have fluid in the abdomen after the drains are removed. If this happens, you will notice a fullness or sloshy feeling in your abdomen. Please contact our office so we can aspirate it easily.

It is important to be seen by Dr. Sundine at 3 weeks, 6 weeks, 6 months, and 1 year postoperatively.

*Call our office if you have any questions, if any problems should arise, or if you have been having any signs or symptoms of infection (redness, fever, drainage). 949-706-3100 (Newport Beach Office)