



ABDOMINOPLASTY/TUMMY TUCK DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- Straining your stomach muscles may be uncomfortable. For additional comfort, walk bent forward for the first week.
- If a drain is placed, bloody drainage is common and will increase over the first few days. The bulb must stay compressed and drainage should be measured every 12 hours.
- Keep your head elevated on 2 pillows while sleeping or resting, to help minimize swelling
- Keep abdominal binder in place until your follow up appointment
- Your dressing will also be changed on your follow up appointment
- If a follow up appointment was not made the day of surgery, please call the office to make one

ACTIVITY

- Bed rest for 24 hours
- Begin walking the day after surgery
- Do NOT shower for 48 hours
- Resume normal activities after 3 weeks

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.
- Pain medication may cause constipation, use over the counter stool softener if needed.

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Increased swelling, redness and/or heat at operative site
- Excessive bleeding

Call Dr. Harvey with ANY problems that concern you: Phone # (843)722-1985. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature