



ARMANDO J. ALFARO, M.D., FACS
PLASTIC & RECONSTRUCTIVE SURGERY

**ABDOMINOPLASTY
(TUMMY TUCK)
AFTER CARE INSTRUCTIONS**

- 1. It is important to get out of bed early and often after your surgery (with assistance) to prevent post-operative problems. We recommend walking “slightly stooped over” – bent at the hips for 3-5 days to release tension on the suture line.**
- 2. Sleep with your head elevated on a wedge or 2 pillows and with your hips in a flexed position. A reclining chair has been found to be very useful by most patients.**
- 3. Deep breathing is essential. Please take deep breaths frequently to keep your lungs clear (15-20 per time) Splinting your abdomen by holding a pillow over your abdominal muscles will help to decrease the discomfort while you cough and deep breathe.**
- 4. Small drains are used to drain off any accumulating fluid after surgery. The bulb should be collapsed at all times. The fluid will need to be removed every 4-8 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to your office appointment. Dr. Alfaro will make the decision regarding drain removal and the necessity of office visits. Generally the drains will be removed when the drainage is 30cc or less in a 24 hour period, which usually occurs in 7-10 days. You may shower with the drains in place 2 days after surgery. Make sure someone assists you with your first shower. No baths until the drains are removed.**
- 5. A binder will be placed across your abdomen after surgery. You will wear this continually (day and night) for the first 2 weeks. We recommend that you continue to wear this during the day for an additional 2-3 weeks. You can take it off to shower.**
- 6. You will have a clear skin glue dressing (Dermabond) or steri-strips over your incision. This will protect your incision. You can shower with the Dermabond or steri-strips on. Apply scar cream (Mederma), to maximize wound healing at 3 weeks. Use the cream for 6 months after surgery.**
- 7. Avoid any strenuous exercises for six weeks. Full activity may resume at that time.**
- 8. Infrequently after surgery, you may have fluid accumulate in the abdomen, after the drains are removed. If this happens, you will notice a fullness or slushy feeling in your abdomen. If this occurs, contact our office so we can aspirate it easier.**
- 9. Please call Dr. Alfaro immediately at any sign of infection which would be signaled by fever, increased pain, new redness or swelling in the abdominal area.**
- 10. You will be prescribed pain medication following surgery. Take the medication as needed for pain.**
- 11. You will be prescribed a anti-nausea medication following surgery. Take the medication as needed for nausea or vomiting. Discontinue the use of pain medications until nausea or vomiting is under control.**
- 12. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**