



Dr A Anzarut, MSc, CIP, MD, FRCSC

**Plastic and Cosmetic Surgery
ASSH Fellowship trained hand surgeon**

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TUMMY TUCK (ABDOMINOPLASTY) POST-OPERATIVE INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, avoid alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- No lifting greater than 5 lbs. for 6 weeks.
- Resume sexual activity as comfort permits, usually 2-3 weeks postoperatively.
- Avoid straining of abdominal muscles. Strenuous exercise and activities are restricted for 6 weeks.
- You may return to work in 2-4 weeks.

INCISION CARE

- You may shower 48 hours after removal of the drainage tubes.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- May wear soft support underpants for comfort; you may pad the incision with dressings for comfort.
- Sleep with pillow under your knees and head elevated on 2 pillows.

WHAT TO EXPECT

- You may experience temporary pain, soreness, numbness of abdominal skin, incision discomfort.
- Maximum discomfort will occur the first few days.
- You will have bruising and swelling of the abdomen. The majority of bruising and swelling will subside in 6-8 weeks.
- You may feel tired for several weeks or months.

APPEARANCE

- Flatter, firmer abdomen with narrower waistline.
- You will walk slightly bent forward and gradually return to normal posture over next 3 weeks.
- Scars will be reddened for 6 months. After that, they will fade and soften.
- The scar will extend from near one hipbone to the other, low on the abdomen.

FOLLOW-UP CARE

- Abdominal drains removed when less than 30 ml for 24 hours.
- Surface stitches removed in 7-10 days.
- A support garment may replace dressing on incision.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

HOW TO CONTACT DR. ANZARUT

Dr. Anzarut's office staff is available to answer questions and arrange appointments during working hours. Prior to surgery you will be provided with Dr. Anzarut personal email and cell phone number. If you have a concern or question Dr. Anzarut can be reached on his cell phone at any time of day or night.