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Patient Name: _____

After Surgery Instructions – “Tummy Tuck” or Abdominoplasty

Remember: Tummy tuck or abdominoplasty surgery is a major operation and will require time for your body to recover. Please allow the time and avoid vigorous activity.

Do’s

1. You should prepare your house for at least a two-week vacation. Lots of books, videos and arrange for someone to cook, take care of the kids and keep things clean for you.
2. Keep your compression garments and dressings in place unless otherwise discussed by your doctor.
3. Measure and record the amount of drainage from the drain tubes twice a day.
4. Sleep or rest in a recliner or bed with pillows both behind your head and knees.
5. If you must walk up and down stairs in your home during the first few days after surgery, walk up and down the stairs backwards holding the rail securely.
6. Apply coolness to the operated on areas in the form of ice packs or frozen peas or corn in bags.
7. Eat a regular diet once the effects of the anesthesia have worn off. This is usually about 24 hours.
8. Take your pain medications and antibiotics as directed.
9. Call your doctor should you have any questions or problems.

Don’ts

1. No lifting of anything heavier than 25 pounds for at least 3 weeks.
2. No sex or intimate relations until the drains are removed.
3. No walking up and down stairs until told to do so.
4. No driving while the pain medications are being taken.
5. Your stomach muscles and the surrounding tissues move with most activities, so be aware of this movement and avoid all activities that will cause it for the first 10 days after surgery.

Signature: _____ **Date:** _____