

Daniel Careaga, M.D.
PLASTIC SURGERY

Post-op Instructions
ABDOMINOPLASTY (TUMMY TUCK)

Medications you *MUST* take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.

Medications you can take *AS NEEDED*:

2. **Hydrocodone** – pain medication, take only as needed every 6 hours.
 - Take this medication with a stool softener (e.g., MiraLAX) as it will constipate you.
 - If pain is controlled, it is best to just take Tylenol instead.
3. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
4. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.

START THE NIGHT OF YOUR SURGERY:

- Soft diet after surgery: (first day) – you can have chicken broth, shakes, Jell-o, yogurt, applesauce, cranberry/grape/apple juice.
- After having your first meal after surgery you can go ahead and take your medication. (Antibiotics must be taken as directed. Pain medication as well as nausea medication can be taken as needed) you must have a meal first.
- Sleep with your head of the bed slightly elevated and your hips flexed (like if you are on a recliner). Laying on a recliner is also fine.
- Walk slightly hunched over for the first week to release tension from the suture line.

ACTIVITY:

- Movement is Important: Make sure you are up and walking around immediately after your surgery. The best way to prevent blood clots (DVTs) and other complications is to ***get out of bed and walk every hour while you are awake!*** Get up and walk to the bathroom, to the kitchen, etc. The first few days make sure you walk with someone assisting you in case you get dizzy or fall.
- Please wear your compression stockings for 7 days to avoid blood clots. Stocking can be removed when taking a shower or washing, please make sure to put back on immediately.
- You can drive after day 7 if you are NOT taking any narcotic pain medication.
- Wear your abdominal binder for the first 2 weeks all day every day except when showering.

- After the first 2 weeks the abdominal binder will be change to compression garment that should be worn for 3 months after surgery (the first 2 months need to wear it 24 hours a day, 3rd month garment can be worn during the day or night optional.
- Do NOT smoke, vape or be close to anyone smoking as this will significantly affect healing.
- Walking is ok and encouraged from day one but no heavy lifting for 1 month.
- You can resume sexual activity in 4 weeks.
- After 1 month you can go back to the gym, light exercise (no abdominal workout for 6 months)

SHOWERING:

- After drains are removed its ok to shower with someone helping you. Avoid water hitting the incision directly but it is ok for soap and water to fall in this area.
- Dry the surgical tapes with your hair dryer on COLD setting until they are completely dry.
- Apply triple antibiotic to your belly button and cover with gauze.
- NO BATHTUBS OR SWIMMING FOR 6 WEEKS.

DRAIN CARE:

- You will be taught how to empty your drains before your go home.
- Try to keep track of how much liquid you empty each day.
- Make sure your drain bulbs are always compressed down so the suction properly working.
- When your drains are collecting less than 25cc in 24 hours they will be removed in the office. For some patients this is 7 days for others it can take longer.

INCISION CARE:

- While you have tape in your incision, you do not have to apply any ointments to it.
- It is ok to put a dry dressing on top to prevent it from getting irritated.

SCAR CARE:

- Silicone scar cream => 1 Month
 - o Can be purchased in the office.
 - o Can use for the next year.
- Sun protection:
 - o This is the most important part of scar care! Please use sunblock on incision every day if exposed to sun.

DO NOT'S:

- **DO NOT** soak in baths, jacuzzies or hot tubs until instructed by your doctor.

- **DO NOT** take Aspirin, Ibuprofen, Naproxen, or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply heating pads or ice packs to the treated areas unless otherwise instructed by your surgeon.

WHEN TO CONTACT YOUR DOCTOR OR SEEK MEDICAL ATTENTION:

- Any fever or signs of infection (Any redness or drainage from incisions).
- Any difficulty breathing.
- Excessive bleeding from incision or into drain bulbs.