

# Post Operative Care

*From your preeminent Medical Concierge in Antalya*



ABDOMINOPLASTY (TUMMY TUCK)

[www.myimperialcare.com](http://www.myimperialcare.com)

# ABDOMINOPLASTY (TUMMY TUCK)

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## WHEN WILL I BE DISCHARGED FROM THE HOSPITAL?

Our surgeons prefer that the patients stay overnight and discharge the patient the next day.

## DRESSINGS, TAPES & MASSAGE

We use showerproof tape dressings after your abdominoplasty. Continue with the tape for four weeks. After four weeks remove the tape and massage the scar every day with Bio-oil, (which you can find at pharmacies and supermarkets).

## CAN I SHOWER AFTER MY PROCEDURE?

Yes, you can shower from day one. We encourage you to shower and wash your hair every day after surgery. The dressings we use are showerproof and are designed to get wet. After showering simply dab your dressings dry with a towel before putting your lycra top and shorts/ leggings back on.

## BINDERS

If you had a mini-abdominoplasty, you will be placed in a girdle immediately after surgery. If you had a full abdominoplasty, you will be given an abdominal binder at your postoperative visit in a week from surgery date. The purpose of your binder is to help contour your skin. It should be worn continuously for 4-6 weeks except during showers. The first time you remove this garment, please have someone by your side due to possible dizziness.

## ABDOMINAL TENSION

To decrease tension on the incision and allow better circulation, sleep and rest bent at the waist, back elevated with several pillows, and your knees bent with a pillow underneath. You may sleep on your side in this position or on your back. Use lots of pillows to help you get comfortable. You will need to sleep and rest in this position for at least one week. Also, you will need to walk bent at the waist to decrease tension.



## **SKIN**

Check the skin between your umbilicus and incision three times daily. Notify us immediately if your skin appears dark purple, grey, or black. Discoloration of this skin could be a circulation problem and must be assessed promptly.

## **STERI-STRIPS**

Steri-strips are adhesive strips that support the incisions in their early stages of healing and prevent widening of scars. Please leave the steri-strips on until they begin to come off naturally. You may gently wash over the steri-strips with anti-bacterial soap. Do not trim or pull any sutures. The long tails of the sutures are needed when removing them in 5-7 days.

## **BLEEDING**

Small amounts of oozing and bleeding are common and expected. Feel free to change the gauze as need at home. If the bleeding is more than a slow staining of the dressings, apply firm pressure for 20-30 minutes. Should heavy bleeding occur, apply firm pressure and call us immediately at +90 542 512 51 64.

## **DRAINAGE TUBES**

You will have a small drainage tube coming from one or more areas of your incisions. These will be checked and taken care of by us or your surgeon and removed before your flight back home.

## **SHOWERING AND BATHING**

You may shower 24 hours after surgery. Water does not harm healing incisions. Strictly avoid tub baths, hot tubs, swimming pools, oceans, and lakes until the incision is completely healed and no longer forming scabs. You may use antibacterial soap in the shower, but be gentle on your incisions.

## **PAIN**

Pain is expected after any surgery. Please follow instructions given to you with your pain medications. You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.



## ACTIVITY

Do not lift anything over 5 pounds for 2-3 days. As you begin to resume normal activity, refrain from any action that causes pain. If it hurts, don't do it. You should not return to weight lifting, aerobic exercise, or any high impact activities for 4-6 weeks.

## DIET

We recommend a low carbohydrate diet. No more than 30 grams of carbohydrates per day for 2-3 weeks after surgery will help your body excrete the excess fluid and swelling. This diet will help you see more defined results before 6-9 months.

## INFECTION

Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

## HEMATOMAS

Hematomas are the collection of blood and fluid under the skin. They are rare, but must be reported immediately. A hematoma is evidenced by significant swelling under the skin which may appear to be growing. If you see evidence of a hematoma, contact us immediately.

## NUMBNESS

You may have some numbness and tingling on your abdominal area. This may take weeks to several months to completely disappear.

## WHAT SORT OF GARMENTS SHOULD I WEAR AFTERWARDS?

We encourage you to wear lycra-rich sportswear as much as you can for the first 3 months after abdominoplasty. Ideally two layers of lycra are best – top and shorts/leggings.

## SUN PROTECTION & SKIN CONDITIONING

Your chest will be more sensitive in the sun for a while after abdominoplasty. Look after yourself in the sun, particularly in the first six months after your procedure. Factor 50 sun cream and lots of moisturizing cream or Bio-oil, are helpful.