

DR. DAVID MORALES
TUMMY TUCK OR ABDOMINOPLASTY
POST-OP INSTRUCTIONS

1. Wear the abdominal binder night and day for 4 weeks.
2. Walk in a slightly bend over position for at least a week after surgery.
3. No bath and no shower while you have a drain in place.
4. You can put a t-shirt or camisole under the binder, if you desire to do so.
5. Sleep in a flexed position on your back with several pillows under your head and knees for three to four weeks.
6. Refrain from using salt for the first month while you are trying to get rid of the extra fluid after surgery.
7. Avoid bending, straining, or lifting anything heavy.
8. No intercourse for a month following surgery unless discussed with the doctor.
9. If you notice any redness or itching following surgery, take an over the counter Benedryl immediately.
10. Milk the drain or strip the drain two times a day. Keep track of the drainage in each drain. When one drain is 30cc or less in a 24 hours, then you can call the office to have that drain removed. Call Zoe at extension 220 or Grace at extension 222.
11. Healing continues for six weeks, so eat healthy during this time. Try to focus on high protein diet and avoid fat, carbs and sugar in foods.
12. No SMOKING for 4-6 weeks before surgery.
13. You can start using Mederma cream sold over the counter at any drug store or a reusable silicone strips that can be purchased over the internet or at Dougherty's Pharmacy starting about week three. The incision needs to be totally well-healed before you start this.
14. Don't drive your car until you are off all pain medications.