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## PLASTIC SURGERY INSTITUTE OF OHIO

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### ABDOMINOPLASTY (TUMMY TUCK) POSTOPERATIVE INSTRUCTIONS

1. Wear your abdominal binder day and night. Keep it snug. This reduces bruising and prevents fluid from accumulating under the flap.
2. If you are discharged from the Surgery Center with your drains still in, record the amount that you empty every eight hours or when 1/3 full. Total the output in ccs. for each 24-hour period on Drainage Record Sheet. We will want to know this amount. The drainage can vary in color from yellowish to red. Drains will not be removed until each drain has **less than 30 ccs in a 24 hour period.**
3. Once your drains are removed, fluid can leak from the drain holes. This can occur when walking or rolling over in bed and can saturate your clothes or linens. This is normal.
4. You may shower 24 hours **after** your drains are removed. Be sure to replace your abdominal binder snugly after your shower. Do not tub bathe or use hot water in the shower. Warm water is okay.
5. Each day, apply a small amount of antibiotic ointment (Bacitracin, Neosporin, or Bactroban) to your belly button and to the drain holes.
6. Take your medications as prescribed:  
Antibiotic to prevent infection: \_\_\_\_\_  
Pain medicine, if needed: \_\_\_\_\_  
Valium to prevent muscle spasm: \_\_\_\_\_
7. Do not sit up directly from the reclining position. When getting out of bed, turn onto your side, slide your legs out of bed, and then use your arms to push yourself upright. When sitting, use the spirometer (breathing device) (10) times every (2) hours **minimum.**
8. No driving, lifting, or strenuous activity. After being discharged, ambulation (walking) is necessary to prevent blood clots (10–15) minutes every (2) hours.
9. Call our office at (216) 561-0312 for an appointment in one week for an examination and stitch removal.

