

**Joshua A. Greenwald, MD, FACS**  
**Cosmetic Surgery Associates of New York**

**TUMMY TUCK/ABDOMINOPLASTY POSTOPERATIVE INSTRUCTIONS**

- 1) Please have someone available to drive you home from the office and remain with you the first night after surgery. **You do not need medical care, only "TLC."**
  
- 2) After surgery, you will have a dressing across the incision site covered with a Velcro binder. While the drains are in place, the purpose of the binder is merely to hold the dressings in position. Do not tighten it past the ink mark drawn on it by the nursing staff prior to discharge. **Do not over tighten the binder! Slight signs of blood may show on the bandages and this is normal.**
  
- 3) **It is important to keep your hips flexed to take tension off the incision.** You will feel much more comfortable if you do this. Place a pillow or a sofa cushion under your knees. Place at least two pillows behind your head and upper back.
  
- 4) You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired. You should refrain from alcoholic beverages while on antibiotics and pain medication.
  
- 5) **You may get out of bed the day of surgery to go to the bathroom. You *should* get up from bed the day after surgery.** Bend forward from the waist to relieve tension. Don't make an effort to straighten up for about a week. It will just naturally occur. You may find it difficult to do stairs, and should limit this to once per day for about a week.
  
- 6) You will have drains, which help the incisions to heal. They will be removed when the drainage has become minimal, usually after 5-7 days. You will be instructed in their care prior to leaving the facility (empty three times a day and record output).
  
- 7) Infection is uncommon after a tummy tuck, but can occur. If you develop a fever or an area that becomes red, tender and swollen, call us.
  
- 8) Although you have prescription pain medication, you may only need regular Tylenol. Try it first. If your stomach becomes irritated or upset, stop the medication. You may take Dramamine® (no prescription needed) to help any nausea. If you take much of the medicine, anticipate some constipation and counter this by eating fruits and prunes.
  
- 9) Drink plenty of fluids. It is easy to become dehydrated after surgery.
  
- 10) **You can drive yourself when you feel it's safe and comfortable.** If you feel a little stiff, you may have difficulty doing the things you need to do when driving. Play it safe and use your own judgment. You cannot drive if you require pain medications other than Tylenol.
  
- 11) Avoid direct sun exposure to your abdomen after surgery.

12) It is most important that you do not smoke or wear a nicotine patch for at least 3 weeks before and after surgery. Severe scarring may result from failure to observe this precaution.

13) Any type of plastic surgery will leave permanent scars. All scars will be present for your lifetime no matter how precise the skin closure is performed during surgery. It is important to realize that all scars are permanent and their final appearance are not predictable in advance.

**Call Dr. Greenwald immediately if you experience any of the following: Fever > 101.0, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling.**

**Above material are general guidelines.** Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you by Dr. Greenwald and modified to your particular case.

**FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN  
9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-421-0113**