



TAROLA PLASTIC SURGERY  
NICHOLAS A. TAROLA, MD

## **Abdominoplasty**

**You may shower 24 hours after surgery. Do not take a bath until instructed to do so. Wash incision with soap and water daily.** If you have tapes on your incision leave tapes in place and pat dry after your shower. Occasionally we will place an abdominal binder around your tummy after surgery to provide gentle pressure, give you stability, and reduce swelling. If it feels too tight or causes pain, take it off. Remove to shower.

**Do not apply any heat or cold to the surgical site.**

**You will experience difficulty standing fully upright:** Standing upright could greatly affect your results and could cause serious injury. Slowly stand upright over time. No back bends. Because abdominoplasty involves removal of the extra skin and usually tightening of the abdominal muscles, you will experience some difficulty standing upright for a week or two or even longer. The tightness will eventually disappear. Do not attempt to stretch or pull the abdomen during the first two weeks of healing. Change your position and walk around the house every few hours to reduce the danger of blood clots.

**Resume normal activities of daily living 3-5 days after surgery.** Tummy tucks are relatively uncomfortable operations. You will experience pain for the first one to three weeks. Avoid vigorous activity and heavy lifting for six weeks (less than 10lbs or gallon of milk). Walk daily.

**Abdominal discomfort is normal after surgery.** Pain medication and muscle relaxants will help you cope with any discomfort. Your drains will likely cause additional discomfort. The site immediately around the drain will also turn red from irritation. If you have a pain catheter, remove the clear tape over the catheter and gently slide the catheter out of the skin. This should be done 3 days after surgery or when the pain medicine ball is empty. **Consistent sharp pain should be reported to our office immediately.**

Take stool softeners as prescribed and drink lots of fluids to avoid constipation.

**Do not drive in the first two days following surgery.** You may resume driving when you feel you are able, but wait at least two days following surgery. If pain will inhibit your reflexes, do not drive! Do not drive while taking pain medication.

**CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**