

Patient Name: \_\_\_\_\_

Birthdate: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ MR#: \_\_\_\_\_

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Abdominoplasty/Tummy Tuck Post-Operative Instructions

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## Abdominoplasty/Tummy Tuck Post-Operative Instructions

1. **Rest with your back, head, and neck supported on 3 – 4 pillows, and with 1 – 2 pillows under your knees. This position decreases the tension on your abdomen.**
2. DO NOT sleep on your stomach.
3. DO NOT lie flat.
4. You may walk around the house, but do not over-exert yourself.
5. Avoid lifting heavy objects. DO NOT pick up children.
6. Avoid stretching or reaching for the first two weeks following surgery.
7. Avoid stressful exercise for first month following surgery (jogging, aerobics, stair master, etc.)
8. You will already have received prescriptions for:
  - (a) an antibiotic
  - (b) a pain medication
  - (c) medication for possible nausea
9. Eat a well-balanced diet, but eat lightly.
10. Avoid excessive quantities of gas-producing foods (vegetables, fruit).
11. **DO NOT TAKE ASPIRIN OR IBUPROFEN FOR TWO WEEKS FOLLOWING SURGERY.**
12. **ABSOLUTELY NO SMOKING FOR 1 MONTH FOLLOWING SURGERY.** Smoking interferes with wound healing.
13. You will need to be seen post-operatively. Call the office to make an appointment within one week after your surgery.

Patient's Signature \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_