



Kamran Abolmaali, MD

North Atlanta Plastic Surgery Group

Tel: +1 (404) 781 9094

Fax: +1 (770) 733 1511

Email: drabolmaali@napsg.com

Post-op instructions - Tummy tuck

Dressing: You will have a surgical dressing with the compression garment (or binder) at the end of procedure and before you are transferred to recovery. Dr. Abolmaali usually uses butterfly tapes (Steri-strips) covered with a transparent water impermeable dressing. You will also have a dressing where the drains leave the skin. On your first post-op visit, Dr. Abolmaali will change all the dressings. The compression garment should be worn all time (24 hours a day) during the first 3 weeks and then half-time (at least 8 hours a day) for the following 3 weeks. Remove the garment when showering. Keep your compression garment clean and wash it as needed to avoid infection.

Sutures: Most of the sutures will dissolve in a few weeks. Occasionally, the ends of sutures need to be trimmed during the post op visits. This will not normally cause any pain or discomfort.

Surgical site care: You need to sponge bathe for the first few days after the surgery, leaving all the dressings/ compression garment intact till your first follow up. Normally after your first follow up visit, drains are removed and Dr. Abolmaali will give you the instructions for showering. At that time, you may allow soap and water to run over the surgical sites without rubbing anything against the incision sites. DO NOT take baths for at least 2 weeks (only showers). After shower, you may either air dry the area or blot it using a clean towel. You may continue to have some drainage at the drain site for a couple of days following their removal, which is normal. You just wash the area with soap and water during shower and cover the area with a clean gauze after drying yourself.

Drain Care: Drains are plastic tubes, connected to a suction bulb which help to remove the fluids/ bloody drainage from the operated sites. They are secured to the skin with sutures and there is usually a water impermeable dressing covering the exit site.

How to empty the drain:

1. Wash your hands well with soap and water.
2. Pull the plug out of the bulb.
3. Pour the fluid inside the bulb into a measuring cup.
4. Clean the plug with alcohol. Then squeeze the bulb flat. While the bulb is flat, put the plug back into the bulb. The bulb should stay flat after it is plugged so that the

vacuum suction can restart. If you can't squeeze the bulb flat and plug it at the same time, use a hard, flat surface (such as a table) to help you press the bulb flat while you re-plug it.

5. Measure how much fluid you collect-ed. Write the amount of drainage, and the date and time you collected it, on the JP drainage chart at the end of this document.
6. Flush the fluid down the toilet.
7. Wash your hands.

Activity: It is normal to feel tired for the first couple of days. For the first few days post operatively, you may find yourself to be hunching over. Normally you will be able to stand up straight in about 5-7 days. During these few days, make sure to put a couple of pillows below your knees, if you sleep flat on your back. If Dr. Abolmaali have tightened your abdominal muscles (six packs) with suture, you are not allowed to lift anything heavier than a gallon of milk for the first 4-6 weeks. We recommend you increase your activity as tolerated without lifting and/or overexerting yourself over the next few weeks.

Diet: Eat something light for first night after surgery, as you may experience nausea due to the anesthesia medications. You may have regular diet from the next day. Try to eat plenty of fruits and vegetables with lots of fluids to avoid constipation. If you notice that your regular bowel habits are delayed, it might be necessary to take laxatives to avoid constipation and consequent straining.

What to expect: Swelling and bruising is normal. Again, keep all the dressings in place till you come to your first post op visit. This means that you should not undress the wounds/ look at your incisions.

If you had liposuction as well, the treatment areas may feel firm to touch until swelling subsides. The skin may also feel itchy or numb. Areas that have become thickened or firm may be massaged several times daily to soften and improve the result. Final results may not be evident for up to 6 months or longer.

Signs to watch for: Call the office immediately if you experience any of the following:

- A high fever (over 101F)
- Severe nausea/vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Chest pain or shortness of breath
- Swelling of the legs/ calves
- Excessive bleeding or fluid seeping from your dressings
- Sudden onset swelling in the operated area, which is more tender than before. This is concerning for a hematoma.

Scar management: Normally you will have some sort of dressing for the first 2 weeks after surgery. After they are removed, you will be instructed whether or how to minimize further scarring by massaging the area and applying Silicone products such as scarguard, NewGel, Silagen, Biocorneum and or silicone sheets.

Obviously, patient care is very individualized, and you will be instructed by Dr. Abolmaali before the surgery and/or during postoperative follow-ups of more individualized instructions.

If you have any questions/ concerns, please contact Dr. Abolmaali on his cell phone +1 (502) 265-6225; Alternatively, you may text this number.