

Abdominoplasty (Tummy-tuck) or Panniculectomy General Instructions

In this handout you will find instructions on how to prepare for your abdominoplasty or panniculectomy procedure as well as what to expect while you are healing. Please feel free to ask questions.

Before your abdominoplasty operation:

1. Do not take medications which are known to prolong bleeding for 2 weeks prior to and 2 weeks after you procedure. These include aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine. If needed only take Tylenol® for pain and aches.
2. Please arrange for a family member or friend to be with you for at least the first 24-48 hours following your procedure.
3. Do not plan any trips that will require traveling large distances until at least 4-6 weeks after your procedures.
4. You will need at least 2-3 weeks off from work.

On the day of your abdominoplasty operation:

1. Please remove contact lenses and avoid wearing makeup.
2. Avoid using hairspray, mousse or gel.
3. Please keep your valuables and/or jewelry at home.
4. We advise dressing in comfortable attire; clothes that are easy to put on and take off, and that don't fit tightly.

After your abdominoplasty operation:

1. You may find a bandage on your abdomen covered with a compression garment (binder), and 2 drains coming out from under the abdomen. You will wear the binder 24 hours a day for 4 weeks when the drains are removed. The drains will remain in place for at least one week. You will be taught how to empty and record the drainage from the tubes.
2. At 72 hours you may remove the binder to take a shower (please make sure to secure the drains; this can be done by pinning them to underwear or inexpensive jewelry. Alternatively someone can hold them for you). Your dressings will be waterproof.
3. Sleep on your back or in a recliner with your back and head elevated on pillows.

4. Ensure that your waist is flexed while resting, changing positions, and walking. You can walk around the house during the first week. Light exercise such as walking for distances outside your house or sitting on an exercise bike is permitted at 2-3 weeks. Heavy exercise and heavy lifting are permitted after 6 weeks. You will be able to drive after one to two weeks depending, on how you feel.
5. Use caution with tasks such as climbing stairs when you are taking pain medications.
6. Any nausea will pass usually within 24-48 hours. Make sure to drink liquids frequently after your operation. Do not take your pain medication on an empty stomach.
7. Use the pain medication when you are feeling uncomfortable.

What to expect as you are healing:

1. There will be bruising and swelling on your abdomen that will take time to subside.
2. There will be a feeling of tightness in your abdomen. This will subside over several weeks to months.
3. Your incision may be raised, red, and feel hard for months. The scars will fade with time.

Follow-up appointments:

1. Several follow-up appointments will be scheduled after your abdominoplasty procedure.
2. Your first follow-up appointment will be at 1 week. The abdominal dressings will be removed and drain output will be assessed to determine if they are ready to be removed.
3. Your second appointment will be 2-4 weeks after your first follow-up appointment
4. Subsequent appointments will be scheduled based on your progress.

If you have any questions please do not hesitate to contact Dr. Lin's office at 617-632-7369 during and after business hours.