



What do you need to know about Abdominoplasty ?

What is Abdominoplasty?

A Tummy tuck (abdominoplasty) removes excess skin and fat from the abdominal area and tightens abdominal muscles. When a large weight loss or several pregnancies leave behind extra folds of skin, some people use this surgery for a flatter, smoother stomach. As with liposuction, the purpose of a tummy tuck is to reshape the area rather than to reduce body weight.

What to do after being discharged home?

What to eat?

- Eat a healthy balanced diet

How to move around?

- Do regular exercise
- The best exercise is simply walking. Every day, walk around for about an hour or so. This will ensure that your blood is getting to all the places it needs to go. Most people can start back on their regular exercise routine in 3 or 4 weeks. It differs slightly from case to case, though, so always consult with your doctor

What medications to be taken and how?

- Take the medications as prescribed by your doctor



How to manage pain?

- Your doctor may prescribe pain medicine to use at home. Take your medicine as prescribed

How to manage wound/ incision/ dressing etc.?

- Keep the outer dressing clean and dry
- You may shower 48 hours after removal of the drainage tubes
- Avoid exposing scars to sun for at least 12 months
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater)
- Keep steri-strips on; replace if they come off
- Keep incisions clean and inspect daily for signs of infection
- No tub soaking while sutures or drains are in place
- May wear soft support underpants for comfort; may pad incision with dressings for comfort
- Sleep with pillow under knees and head elevated on 2 pillows

When to call the doctor?

If you have any of the following, call your doctor:

- Chills or a fever of 38.3C or above
- New or unusual drainage on your dressing
- Redness, swelling, or drainage from your incision
- Chest pain

Follow-up appointment

Keep your follow-up appointments with your doctor. It is important for your doctor to monitor your progress.

For a follow-up appointment:

Date:.....

Doctor's Name:.....

Telephone: 22232000

Send #1 to the mobile number 97244524 and an operator will contact you for your appointment details.

Website: <http://www.sih-kw.com>

Special Instructions

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If you have any questions or concerns, call your doctor or nurse.

