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Plastic and Reconstructive Surgery
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Tummy Tuck Post-Operative Instructions

1. **Activity:** Bed rest, up to bathroom only for first evening. Sleep with a pillow under your knees for the first week. Walking and sitting up are encouraged from day 2-5. You may resume your regular exercise routine 2 weeks after surgery.
2. **Diet:** It is important to take plenty of fluids during the postoperative period to replace the amount that the operated tissues remove from the general circulation with swelling and edema. Gatorade is an excellent fluid replacement since it also replaces some lost electrolytes. Constipation caused by pain medication and reduced activity post-operatively may be relieved by increased fluid and fruit, increased walking, milk of magnesia, and/or Dulcolax suppository.
3. **Care of Operated Site:** You will be given a drain sheet to record output after surgery. Please empty your drains at 8am each morning, and then during the day as needed. The pain pump works for 3-4 days; when the reservoir is completely deflated, you may remove it by pulling on the tapes. Wear the abdominal binder all the times until removed by Dr. Waters at the first post-op visit. You will be given a compression garment to wear for the next month. You may shower when your drains are removed.
4. **Miscellaneous:**
 - No alcohol for 24 hours or while taking pain medication.
 - No driving until 2 weeks after surgery.

Call Dr. Waters if:

 - You are unable to drink liquids in the morning because of nausea.
 - You are unable to urinate eight hours after your surgery.
 - Your temperature is greater than 101.5.
 - You have sudden shortness of breath.
 - Marked dizziness occurs.
 - Increase of pain, redness, or streaking.
 - Your extremities begin to feel loose or become cold.
 - Significant swelling occurs.
 - You have heavy bleeding.

Please go to the emergency room if you feel you need to be seen immediately.
5. **Expectations:** Bruising of the treated area is expected, variable in degree and sometimes quite extensive. Expect to be stiff, tired, and uncomfortable for 1-2 weeks after surgery. Complete contour change will not be present until approximately 6 months.
6. **Scarring:** As with most surgeries, approximately 12 months will be required to evaluate the final scars and result. Operative wounds tend to become firm in the first few weeks to months and then soften with maturation of underlying scar tissue. Over 2-6 months, the numbness in the area will gradually improve. Irregularities may also improve during this interval. You are able to be evaluated at 6 months to appraise your result and to determine the possibility of any further surgery.
7. **Contact Information:**

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Dr. Waters' Pager (650) 723-8222 ID# 13514
Dr. Waters' Cell Phone (650) 924-0405