**T. Y. Steven Ip, M.D.**

## PLASTIC SURGERY

**ADBOMINOPLASTY**

**(Tummy Tuck)**

**AFTER CARE INSTRUCTIONS**

IT IS IMPORTANT TO GET OUT OF BED EARLY AND OFTEN AFTER YOUR SURGERY (WITH ASSISTANCE) TO PREVENT POSTOPERATIVE PROBLEMS. PLEASE TAKE 15-20 DEEP BREATHS PER HOUR FREQUENTLY TO KEEP YOUR LUNGS CLEAR.



It is important to walk slightly “stooped over” (bent at the hips) for 3-5 days to release tension on the suture line. Sleep with your hips in a flexed position. These instructions aid in the quality of your scar.



Take your pain pills, herbal supplements, and Valium/Xanax as direct for the first 2-3 days to manage your discomfort.



Keep your head elevated about 30 degrees and leave your knees slightly flexed.



Stay on a soft diet, high in protein, for 2-3 days and avoid spicy food which can cause nausea and gas. Then you may resume a normal, high protein diet.



Keep your drainage bulbs collapsed and record time and amounts of drainage over a 24-hour period. All patients heal differently according to many factors. Dr. Ip will make the decision regarding drain removal and necessity of office visits. (Generally, the drains will be removed when the drainage is 30cc or less in a 24-hour period, which usually occurs in 7-10 days.) You may shower in 2-3 days; make sure someone is with you at your first shower!



Wear a binder continuously for 7-10 days. You can take it off to shower after 3 days. (We will do the 1st dressing change in our office.



You will have a steri-strip tape over your incision. You can shower over the steri-strips. Most of the sutures will dissolve by themselves. If you have non-dissolvable sutures, they will be removed in 7-10 days. You will wear steri-strips for 3-4 weeks. (We can apply the steri-strips in the office or you can change it at home.) It is okay to apply scar cream to maximize wound healing, beginning at 6 weeks. Use the cream for 6 months after surgery.



Please call Dr. Ip immediately at any sign of infection which would be signaled by fever, increased pain, new redness or swelling in the abdominal area.



You may resume sexual activity in 4 weeks. For the first 10 days following surgery, raising your blood pressure (heart rate) will cause bleeding. Abdominal stress on your muscles will stretch or break the sutures if you exercise before 4 weeks. At four weeks you should consider passive or less vigorous sexual activity that will not cause abdominal movement.



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Please do not drive for 7-10 days



# POST-OP

Do not lift anything heavier than 10 lbs for 3 weeks It is good to walk for 15-20 minutes 6 times per day



Do not take aspirin or products containing aspirin for 3 weeks after surgery



Do not run, lift weights, play tennis, or golf for 3-4 weeks after surgery. (Keep your heart rate under 100 for 3 weeks)



You may begin swimming 4 weeks post-operatively, if healing is complete.



# GENERAL INSTRUCTIONS

1. Moderate swelling of your abdomen is to be expected. You may find that your clothes may not fit as easily as before. Be patient. The swelling will gradually subside and you will be back to normal in 3 to 6 months.
2. Because of the removal of tissue from your abdomen, there is a certain amount of tightness that is to be expected. This will slowly relax within 6 months.
3. If you notice some vaginal burning and itching (vaginitis) as a result of the antibiotic used during and after surgery, our office or your family physician can prescribe Diflucan.
4. Infrequently after surgery, you may have fluid in the abdomen after the drains are removed. If this happens, you will notice a fullness or sloshy feeling in your abdomen. Please contact our office so we can aspirate it easily.
5. It is important to be seen by Dr. Ip at the scheduled appointed post-op follow-up dates.
6. After your surgery, start with a liquid diet and then progress to a soft diet. Limit spicy foods which cause gas or bloating. Increase protein to ensure healing. Though it is impossible to get rid of gas entirely, there are strategies to reduce it. Eat and drink slowly, chew thoroughly and cut down on carbonated drinks. Avoid sugar-free gums and sugar-free candies that contain sorbitol or zylitol – both sweeteners are poorly digested. If gas is painful and persistent, call our office. People are all different so you will need to use your judgment on food choices.
7. Some suggestions to ease abdominal discomfort or indigestion after surgery: Drink a lot of water – 8 glasses a day!



Drink warm liquids (tea or coffee)



Prune juice mixed with 7-Up (half and half) for mild constipation



If severely constipated use Miralax first as it is a mild but effective laxative, Phillips Milk of Magnesia, Colace stool softeners, fleet enemas (regular or oil retention), Magnesium Citrate as a last resort.



Walking helps the circulation in legs and bowels.



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It is important to be seen by Dr. Ip after your initial post-op checks. He will see you at scheduled follow-up appointments. Call to schedule your appointments at Newport Beach Office at 949-548-0300 or Park Avenue NYC at 855-742-8800 between the hours of 8:30-6:00.

## IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. IP

If you are a patient at one of the facilities below, please call between the hours of 8:30-6:00. If you need immediate care, please call Dr. Ip anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Ip’s cell: (949) 212-1619

Dr. Ip’s email: tystevenipmd@[mindspring.com](mailto:rod.rohrich@utsouthwestern.edu)

Dr. Ip’s website: [www.](http://www/)[surgery-plasticsurgeon.com](http://www.drrohrich.com/)

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