2001 Butterfield Rd, STE 100, Downers Grove, IL 60515 l 630-426-6019

AFTER CARE INSTRUCTIONS for
ABDOMINOPLASTY (Tummy Tuck) & BELT LIPECTOMY (Body Lift)

DIET

- You should resume your normal diet gradually.
- **Drink plenty of fluids/ water (eight 8 ounce glasses a day**).
- If taking antibiotics, consider eating yogurt daily and for 2 weeks after, to help minimize the effects the antibiotics may have on your intestines.
- 80 grams of protein is recommended for 1 week postop to enhance wound healing. Juven Protein Powder® available on Amazon has been shown to improve wound healing capacity which is helpful after tummy tuck.

ABDOMINAL BINDER and/or COMPRESSION GARMENT

- If given an abdominal binder/girdle, wear for at least 2 weeks.
- You may remove the binder/girdle to shower and for 1 hour per a day while laying down.
- You may experience some dizziness or feel lightheaded when taking off the binder/girdle. Take the binder off slowly and while sitting down. You may need to have someone with you.
- While the binder should be snug, it should not be so tight that it makes it difficult for you to breath.
- If the binder irritates your skin, you may find it more comfortable to wear a light T-shirt under the binder

ACTIVITY

- **IMPORTANT: To decrease the risk of blood clots after surgery, do not spend time in bed except for when you normally sleep. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.**
- **SHOWER:** You may **shower 3 days after surgery**. **DO NOT** take a tub bath, swim, or whirlpool for 3 weeks or if there are any openings in the incision.
- **SLEEPING:** For the first week or two, you will need to sleep flexed at the hip with at least 2 pillows behind your knees and/or with 2 pillows behind your back. Keep head and shoulders up at least 15 degrees. You may begin to feel comfortable sleeping on your side and on your stomach side in 3 to 4 weeks.
- For the first few times, you may need assistance getting into and out of the bed/chair.
- You are encouraged to begin walking and resuming light daily activities as tolerated. You will be walking slowly and bent over at the waist for the first few days after surgery; you will slowly begin to walk more upright over the next week.
- Do **NOT** push, pull, or lift anything heavier than **10 pounds** (about the weight of a gallon of milk) for 4 weeks.

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- Do **NOT** do any strenuous activity or exercise (running, weight lifting, aerobics, sexual activity) for 6 weeks. After your start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises. Your max heart rate should **NOT** go above 140-150.

- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.

WHAT ELSE TO EXPECT

- Some pain and discomfort for three to four (3 - 4) weeks, although it should gradually get better from the first two to three (2 – 3) days.
- You may feel a "popping" or "pulling" sensation in your abdomen a few weeks after surgery. This is normal as internal sutures start to dissolve.
- If there are any sutures, they will be removed in one to two weeks after your surgery.
- You may have some numbness in the lower abdomen and around the incision line which will begin to disappear over time. It may take up to 1 year for sensation to return.
- Surgical incisions are usually thin at first, become somewhat thick and red for up to 6 months, and then begin to fade. It usually takes up to or a little more than 1 year before final scar quality is established. Silicone sheets or gel can be used 2 weeks after surgery to decrease redness and keep the skin flat.

WHEN TO CALL DR. PARESI

Call 630-426-6019

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision or drains.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room.

FOLLOW UP IN 7-10 DAYS

ALL FOLLOW UP APPOINTMENTS ARE ON TUESDAYS