



At-Home Instructions

Abdominoplasty (Tummy Tuck)

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

General Instructions

- No driving, lifting, or strenuous activity. Walking is necessary after you are discharged to prevent blood clots. Walk for 10-15 minutes every 2 hours.
- 24 hours after your drains are removed, you may shower with tepid, or lukewarm water. No tub baths. Replace abdominal binder snugly afterwards.
- Avoid strenuous activities or exercising that could increase your blood pressure for 4-6 weeks, as this can increase swelling and bleeding.
- Do not sit up directly from the reclining position. When getting out of bed, turn onto your side, slide your legs out of bed, and use your arms to push yourself upright.
- When sitting, use the spirometer (breathing device) 10 times every 2 hours, minimum.
- Wear your binder day and night. Keep it snug. This reduces bruising and prevents fluid from accumulating under the flap.
- Smoking is prohibited at least 6 weeks before and until you are completely healed, and until you are instructed by the doctor.

Diet

- Resume normal diet as tolerated.

Special Instructions

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

Do NOT take the following products:

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.

Medications

Take you medications as prescribed.

- Antibiotic to prevent infection (needs to be finished).
- Pain medication, if needed.
- Valium to prevent muscle spasm.

Wound Care

- If you are discharged from the surgery center with drains in, record the amount that you empty every 8 hours, or when 1/3 full. Total the output in cc's for each 24-hour period on the drainage record sheet. We want to know this amount. The drainage can vary in color from yellowish to red. Drains will not be removed until each drain has an appropriate amount.
- Once your drains are removed, fluid can leak from your drain holes. This can occur when walking or rolling over in bed and can saturate clothing or linens. This is normal.
- Each day, apply antibiotic ointment (Neosporin®, Bacitracin®, or Bactroban®) to all of your belly button and drain holes.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches and give you further post-op instructions.

Call the office at the first sign of:

- Excessive pain associated with pressure.
- Excessive bleeding at the incision.
- Redness, drainage, or odor from the incisions.
- Fever or chills.
- Shortness of breath.

Do not hesitate to call if you have questions or concerns!

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.
216-292-6800

Please call with any questions.