



Cosmetic Plastic
Surgery Institute

Mini Tummy Tuck Postop Instructions

1. **Dressing:** An abdominal binder/garment, which acts as a compression garment will be used to minimize swelling postoperatively. Additionally, you will have a foam dressing applied under the garment which serves to ensure a smooth abdominal contour following liposuction of the abdominal region. You will be required to wear this binder and foam for at least 2 weeks following surgery. Some patients request to wear their binder/garment for longer than 4 weeks stating that, “[they] feel more secure in it”. Prolonged wear of your garment does not have any side effects.
2. **Sutures:** All of your abdominal sutures will be internal and self absorb. Instead, you will notice a white tape, i.e. Steri-Strip, which will cover your incision line and act like an external stitch. These Steri-Strips will be maintained for six weeks until the incision line has attained 80% of its strength.
3. **Drains:** You will find a single large drain tube with a bulb capsule secured to your abdominal binder/garment. This drain serves to remove extraneous fluid accumulation in the surgically dissected areas, thus avoiding a hematoma (most common complication following tummy tuck surgery). This drain is usually removed between week 1 and 2 as drain output clears up and is less than 25ccs for 24-hour period.
4. **Showering:** You may sponge bathe only until your drain has been removed. Because of decreased sensation over the abdominal region, use luke warm water when showering to prevent a burn. You may let the water run over your incision sites but do not wipe/scrub over them.
5. **Position:** Resting with your head elevated and knees bent will help decrease tension on the surgical incision line and result in improved over all incision appearance. Use of 2 to 3 pillows under your head and a pillow under the knees while sleeping will suffice. If you are a restless sleeper, you may want to sleep in a Lazy Boy chair. Additionally, you should walk with a semi-flexed posture for the first week in order to minimize tension on your incision line.
6. **Activity:** You may be up and around the house as soon as you feel comfortable. Do not do anything that requires straining or bending over for at least 10 to 14 days (Do not bend over to put on your shoes on or to tie your shoe laces). You may return to work as soon as you feel comfortable doing so (2 to 3 weeks following surgery). You must avoid all strenuous activities and exercise for the first four weeks following surgery.
7. **Driving:** Do not drive while taking prescription pain medicines. Most patients will stop taking pain medications between days 3 to 5 following surgery.



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8. Exposure to sunlight: Protect your scars from sun exposure for at least 6 months after surgery. Also, avoid sun tanning for the first six months following surgery. Remember to wear sunscreen with a skin-protection factor (SPF) of at least 20 whenever you go outside.

9. Loss of sensation: The entire abdominal area that has been liposuctioned will possess decreased sensation for following surgery. As the sensory nerves regenerate, patients normally experience tingling, shooting sensations, or itching. Massage usually relieves these symptoms.

10. Exercise: Do not do any heavy activities or aerobic exercise for at least 4 weeks after surgery. Strenuous activities may cause bleeding and swelling for longer periods than you realize.

11. Postoperative Visits: Your doctor will ask you to return to the office usually within one week following surgery to ensure that your abdominal skin is not compromised. You may have to return to the office, again, at 1 to 2 weeks if your drain is not removed at your one-week appointment. After your next appointment, 4 to 6 weeks following surgery, you will be allowed to return to all routine and full physical activity.

Pt. Name _____

Pt. Signature _____

Date _____