

DR MEGAN LYONS

POST OPERATIVE CARE INSTRUCTIONS FOR TUMMY TUCK SURGERY

TUMMY TUCK RECOVERY

• Please follow Dr. Lyon's post operative care instructions very carefully to achieve optimal tummy tuck results.

REST + RELAXATION

- Take time to let your body rest and heal from your surgery.
- If you have little ones, it is a good idea to get childcare during this time.
- When resting, it is ok to lie on your side. Tuck your legs up when lying on your side and place 2 to 3 pillows under your knees when sleeping on your back.
- Take 10 nice big deep breaths every hour while awake.
- When coughing or sneezing open your mouth and place your hands on your abdomen. Gently push on your abdominal closure to protect it.

ACTIVITIES

- Make sure you walk as much as possible and lean forward at your waist to decrease tension on your abdominal closure.
- After 2 weeks you can begin to stand straight.
- Do not lift more than 10 lbs or perform abdominal exercises for more than 4 weeks if you have had your abdominal muscles tightened.

WASHING

- You can gently wash your abdominal area with a clean wet towel. Do not shower until your drains are removed. Do not soak surgical sites (no baths, pools, hot tubs, or lake water) for 2 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.

POST OPERATIVE PAIN MEDICATION

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated by Dr. Lyons.
- Take your antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steri-strips are removed.

ABDOMINAL CARE

- Remove dressings 48 hours after surgery. Leave steri-strips in place for 3 to 4 days.
- Wear your compression binder for 4 to 6 weeks as instructed. Wear your binder for 20 to 24 hours for the first 4 weeks, then for 12 to 24 hours thereafter.

DRAIN CARE

- Empty drains as instructed. Drains are removed once drainage is less than 30cc over 24 hours.
- Place Polysporin at drain site and cover with gauze to absorb fluid that may leak out. This is normal and can occur for 1 week. Drain sites will close in 7 to 10 days.
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal. Get into the shower and gently push on your abdomen or breast to encourage the fluid to drain out.

TWO WEEKS AFTER YOUR SURGERY

- Begin to massage your incisions with Vaseline body lotion or BioOil. Do not use vitamin E. If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

FOLLOW UP APPOINTMENTS

You will have full access to Dr. Lyons and her medical team during your recovery. If there is a concern about your recovery, please call the clinic at 306.566.4664.