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AESTHETIC CENTER AT WOODHOLME

Tummy Tuck Post-operative Instructions

Activity:

- Walking is encouraged as soon as possible after surgery.
- No heavy lifting (>5lbs) or strenuous exercise that strains your abdominal core for 6 weeks after surgery.
- Sequential compression devices are to be worn when not up and moving around for 1 week after surgery.
- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

Dressing and Showering:

- You may remove your outer dressings and shower 24 hours after surgery. No baths/soaking/swimming for 2 weeks after surgery.
- Leave steri-strips in place and allow them to fall off on their own.
- Wear abdominal binder at all times except when showering for the first 4 weeks after surgery. After this, you may switch to a less compressive garment (such as Spanx) for an additional 4 weeks.

Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.

Return to office for follow-up appointments on:

Date: _____ Time: _____ (1 Week)

Date: _____ Time: _____ (2 Week)

Date: _____ Time: _____

____ Post-operative instructions have been reviewed with me.

____ I have received a copy of these instructions.

Nurse

Physician

Patient or responsible party

Relationship to patient