



Recipe for Success

Welcome to your successful recovery from tummy tuck surgery!



Ingredients

- A responsible adult to stay with you for 24 hours after anesthesia.
- Cold compresses, gel packs, frozen peas, or ice packs.
- Colace (over the counter) to take after surgery while on pain medication.
- Ted hose (knee high) to bring with you the day of surgery. You may purchase these at any drug store; follow the instructions on the package for care and application.
- Vitamin C three times a day for 5 days before and after surgery.
- Fleets enema the night before surgery.
- A positive attitude!



Directions

You will go home with some type of compression band or garment depending on your size and the type of surgery you have had. It is important that the compression wrap or garment is kept on 24 hours a day except when you are in the shower. You may go home with drains to keep fluid from building up under the skin. These drain bulbs will collect fluid your body makes as a part of the healing process. The fluid will be blood-colored and gradually become lighter in color. The drains will be removed when no longer needed.

A compression garment will be worn for 6 weeks or per doctor's instructions and is an important part of your treatment.



Recipe for today

1. You will be going home to rest with your head and legs elevated and your stomach in a half-moon configuration. You will need assistance to get up and down for a few days. To get up, you will roll to your side and pulling on your helper, roll up to a sitting position. To lie down, just reverse this process.
2. You should get up and move around in the house every 2-3 hours during the day (with help) to keep your circulation stimulated. This will help prevent forming blood clots in the legs.
3. Your local, or numbing medicine, will last from 6-12 hours. Take your pain medication at the first sign of pain.
4. Eat a regular diet as tolerated. Make sure that you eat small amounts of food frequently (every 2-3 hours). You may want to stay with liquids for the first few hours. Your newly tightened stomach muscles will not allow you to eat very much at one time. Do not overeat! **It will increase your pain.**
5. If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids, and are becoming dehydrated. We encourage beverages with sugar and caffeine to prevent nausea and vomiting.



Recipe for tomorrow morning

1. Get up, eat breakfast and come in to the office for your appointment. You will receive instructions regarding your extended care at that visit.
2. Dr. Leon's patients will shower for the first time after the belly button sutures are removed. Dr. Borsand's patients will be instructed when they can shower. The first time you take a shower, remove the binder, or unzip the garment while sitting down. Remain sitting for a few minutes to let your circulatory system adjust before standing up, and make the shower a quick one, as you may feel light headed. You should have someone with you to help you for the first few showers.
3. Expect to run out of energy about mid-day. Expect to feel tighter and more swollen by the end of the day. This is normal and temporary.
4. Do not expose the scars to the sun or tanning bed for at least 3 weeks after the surgery as severe burns can occur from even minimal exposure. Scars must be covered when exposed to sun or tanning bed until all redness is gone from the incision. This may take up to 1 year. You may use tanning creams after the incision is healed.