

The Paragon Plastic Surgery & Med Spa  
Mark A. Bishara, M.D., P.A.

**TUMMY TUCK / ABDOMINOPLASTY SURGERY**

**PROCEDURE AND POST CARE INSTRUCTIONS**

**ITEMS NEEDED:**

- Prescription medicines
- Hibiclens antimicrobial soap
- Polysporin ointment
- Sunscreen with a UVA/UVB SPF of 15 (we have excellent sunscreen available)
- Vitamin C 2000mg twice daily for 14 days.
- Zinc 50mg once daily for 14 days.
- Constipation Prevention (while taking narcotic pain medication): Colace 100 mg twice daily and Milk of Magnesia until normal bowel movements.
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (8am — 6pm M-F)

EMERGENCIES OR AFTER HOURS: 817-473-2120 (24-hour answering service)

**THE PROCEDURE:**

A. *Reasons / Goal*: The goal of a tummy tuck / abdominoplasty is to remove excess skin from the abdomen and/or to tighten the underlying muscles. This procedure is indicated when there is abnormal stretching of the abdominal muscles and skin following pregnancy or massive weight loss from bariatric surgery. The extent of the surgery depends on the amount of excess skin and the laxity of the abdominal muscles. Symptoms such as low back pain, rash and abdominal discomfort may be relieved by the procedure.

B. *Anesthesia*: Abdominoplasty is carried out under general

C. *Belly Button*: In some cases, the belly button is repositioned because of the amount of skin that is removed.

D. *Scars*: Although hidden by clothing, a sizable scar may result from a tummy tuck. This scar may widen and require surgical improvement at a later time. Every effort is made to reduce the size of the scar and to make it as inconspicuous as possible through such methods as taping the incision. In spite of the scarring, most patients are enthusiastic about their results.

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**CARE FOLLOWING THE PROCEDURE:**

A. Bleeding: If sudden, profuse bleeding occurs, please contact our office immediately. Remain calm, as excitement and panic raises your blood pressure and worsens bleeding.

B. Bruising: Bruising may occur in the surgical area following the procedure. If bruising develops, it should gone in 3 to 6 weeks

C. Swelling: As a general rule, 80% of your swelling is gone in 2 to 6 weeks and the remainder should be gone in 3 to 12 months. Avoidance of salt in your diet will also help to prevent excess swelling.

D. Fever: You may run a slight fever the first few days following surgery, as this is a normal process of the inflammatory response. A condition called atelectasis may also occur, whereby the small air sacs in your lungs are not fully inflated following anesthesia and may cause a slight fever. Deep breathing exercises throughout the day may remedy this condition. Do this 10-20 times a day for the first week.

These breaths allow additional airflow into collapsed air sacs to reopen. You may also increase your fluid intake and take Tylenol, but DO NOT exceed the maximum recommended dose of Tylenol per day. Please notify us of any fever above 100 degrees that Tylenol fails to control.

E. Signs of Infection: Although rare, please contact our office if you notice signs of infection such as foul-smelling drainage, excessive redness, excessive swelling or pain in the treated areas.

F. Diet: You may resume a clear liquid diet after surgery and advance this as tolerated as long as you are having normal bowel activity. Avoid drinking caffeinated beverages the day following surgery and alcohol for 48 hours following surgery. Gatorade is a great beverage for the first 48 hours. Be sure to drink plenty of fluids the first 2-4 days following.

G. Wound Care: Your incision will be closed with steri strips (white tape strips). Do not apply hydrogen peroxide or topical antibiotics to the steri strips. Only apply topical antibiotic (Polysporin) to your skin at the drain exit sites (in your genital region) twice daily.

H. Drainage: A large volume of blood-tinged fluid will drain into the "bulbs" following surgery for the first 24 to 72 hours following surgery. This is completely normal. In general, the more drainage from the ports, the less bruising and swelling you'll experience. Your drains will be removed several days after surgery (average 3-5 days), when the fluid begins to turn a clear straw color and/or the amount of drainage decreases to less than 30 cc in 24 hours.

\*\*\*DRAIN CARE Secure the bulb of the drain to your clothing or the support garment with a safety pin. When 50% or more of the bulb is full, empty the bulb by opening the plug at the top and pouring out the contents. Do NOT remove the bulb from the tubing. Squeeze the bulb to compress it, and put the plug back into the hole at the top to maintain the vacuum. If the bulb does not hold a suction, please let us know.

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I. Garment: You will wear one elastic garment home after your procedure. This garment will be removed the third morning after surgery when you see Dr. Bishara so he can inspect your progress. You must wear the garment until you are told to discontinue.

J. Abdominal Area Liposuction: If you have had liposuction in the abdominal area, avoid sitting for prolonged periods for at least 6-12 weeks. Prolonged sitting may result in a crease along the "belt line" where the skin has folded. Also, avoid wearing any clothing that may cause the skin to fold or dent at the same place day in and day out. Alternate the position of waist bands, etc. Be careful with skirts and pant waistbands. Loose clothing is preferable.

K. Driving: DO NOT drive within 24 hours after taking any pain medication.

L. Smoking: DO NOT smoke and avoid secondhand smoke.

M. Sun: Avoid the sun, which may darken maturing scars. Protect incisions by using sunscreen with an SPF of 15 or by covering them with clothing or tape. Also, avoid tanning beds unless you protect your breast incisions.

N. Physical Activities and Exercise: It is extremely important for you to begin early ambulation following surgery. Please DO NOT sit or lie for long periods of time without getting up and moving around as this may predispose you to blood clots. You may resume moderate walks after the first 2 to 4 weeks as tolerated. Avoid lifting, bending, straining, or aerobic exercise for at least 6 weeks following surgery. Avoid contact sports for 3 to 4 months.

O. Stitches: Our surgeons do not use staples for skin closure and all stitches are placed under the skin and will be reabsorbed by your body. So, there are NO stitches to remove.

*Since healing occurs at different intervals, expect your best result to be achieved at 6 to 18 months following your surgery. The best outcome will be achieved by following instructions and taking good care of yourself.possible after surgery. Unsatisfactory scars can require revision, and breast shape can change with time requiring revision surgery.*