



TUMMY TUCK POST-OPERATIVE CARE INSTRUCTIONS

Wound Care & Dressing

- Your dressings must stay clean, dry, and intact until your scheduled change at the clinic
- Do not touch, wet, or change the dressings yourself unless instructed
- If the dressing becomes soaked, loose, or falls off, contact the clinic to arrange a dressing appointment



Compression Garments

- Wear your abdominal binder and compression garment continuously, day and night, unless instructed otherwise
- Keep garments clean; we recommend hand-washing and air-drying
- Ensure proper fit garment should be supportive, not painfully tight. If it becomes loose, replace or arrange tailoring adjustments



Scar & Skin Care

- After sutures are removed:
- Begin lymphatic drainage massage if recommended (usually 2-3 times per week, minimum 10 sessions). Only start once cleared by the doctor
- Apply scar treatment products as instructed:
 - Then silicone gel and sheets after gel is dry
- Protect all scars from direct sun exposure for at least 12 months

Expected Recovery

- Bruising, swelling, and a feeling of tightness are normal in the first weeks
- You may apply arnica gel on the bruised skin (not on the wound) to support faster bruise recovery
- Final results may take 3 - 6 months to settle as swelling subsides
- Some discomfort may occur initially and usually improves with healing
- Small fluid collections (“seromas”) can occur and may need drainage during follow-up

Showering

- You may shower only after drains are removed and clearance is given (usually within the first 2 - 4 days)
- Use mild soap and lukewarm water
- Gently pat dry with a clean towel or sterile gauze, do not rub the incisions
- Do not submerge your abdomen in baths, swimming pools, or hot tubs until the doctor confirms it is safe

Medications • Take prescribed medication as directed

Activity & Positioning

- Rest with help at home during the first days after surgery
- When lying down, rest with your upper body and knees slightly elevated (“beach chair” position). If fat transfer was also performed to the buttocks, avoid direct pressure by placing pillows under thighs and back
- Gentle walking is encouraged starting day 1 to support circulation
- Avoid lifting, pushing, or pulling heavy objects for at least 6 weeks
- Avoid core muscle activation (sit-ups, crunches, twisting) until cleared by your doctor



Follow-Up Schedule

- First dressing: 24 hours - 48 hours after the procedure, for wound dressing at the clinic
- First week and second weeks: every 2–3 days for wound checks/dressings at the clinic
- Minimum Follow ups with Dr. Dora:
 - 1st week from surgery
 - 2nd week form surgery
 - 1 month from surgery
 - 3 months from surgery
 - 6 months
 - Annually

Lifestyle Guidance SOMA Protocol

- Stay hydrated and eat a low-inflammatory diet rich in lean protein, vegetables, and omega-3s
- Avoid smoking, vaping, or nicotine in any form, this compromises healing
- Avoid alcohol for at least 2 weeks
- Take recommended supplements for healing and recovery
- Avoid sugar to reduced inflammation and better healing



Warning Signs

- Sudden or increasing swelling in one arm
- Severe pain not relieved by medication
- Redness, warmth, foul odor, or pus from the incision
- High fever ($>38.2^{\circ}\text{C}$)
- Shortness of breath or chest pain, or any other newly appearing symptom that worries you

Important

- These are general guidelines. The doctor may modify or change instructions depending on your healing progress

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