



tenley k lawton m.d.
BOARD CERTIFIED PLASTIC SURGEON

POST OP INSTRUCTIONS FOR ABDOMINOPLASTY/TRAM FLAP

AFTER SURGERY:

1. Your abdominal binder should be worn at all times (including bedtime) for 4-6 weeks. The drains will remain in place until the 7th day depending on your fluid output.
2. Complete bed rest is not necessary. You may get up to go to the restroom, eat or get something to drink.
3. Walk in a bent position for 5 to 7 days after surgery, and then gradually straighten up.
4. When lying in bed, keep your head slightly elevated and knees bent for 5 to 7 days. This is not required with the endoscopic tummy tuck.
5. Showering is ok 48 hours following surgery however drains should be pinned to something secure. Make sure you have antibiotic ointment placed around the port wound.
6. Wear the abdominal binder at all times for 3 weeks, until otherwise instructed. The binder should be loosened and repositioned 3 to 4 times daily. Be sure it does not ride high onto chest.
7. Be careful when lifting and do not engage in any strenuous activity for the first 6 weeks post-operatively. Do not
8. Please make an appointment to come into the office 7 days after surgery to have the drains removed. Staples will usually be removed in the office 7 to 10 days after surgery.
9. You will have a Foley catheter inserted in your bladder for surgery. *Call the office if you do not urinate within 6 hours after the catheter is removed.*
10. Please eat a high protein diet for 4 to 6 weeks following surgery.

***** SURGERY AND SMOKING DO NOT MIX *****

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at: **949-640-0999**