



**Surgical Artistry**

4754 Dale Road  
Modesto, California 95356  
Telephone (209) 551-1888  
Fax (209) 551-5662  
www.SurgeryToday.com

T. Tammy Wu, MD – Board Certified Plastic Surgeon  
Calvin Lee, MD – Board Certified General Surgeon

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Acupuncture · Botox · Breast · Cellfina · Liposuction · Facelift · Eyelids/brows · Obagi skin care · Spider Veins

## **Abdominoplasty PostOperative Instructions for Dr. Tammy Wu**

- Make sure to keep your dressings clean, dry and intact.
- Please keep your steri-strips on for as long as possible. If the edges curl up, you may trim the edges. Do not pull off the steri-strips; these will fall off on their own. However, if you start to react to the steri strips with redness, itchiness, blisters, please call us right away and gently and carefully remove the steri strips immediately.
- You may sponge-bathe while the drains are in; but you may not shower or take a bath.
- You will need to have a responsible caretaker with you for at least 2 weeks after surgery OR until both of your drains are completely out, whichever is longer. You cannot drive yourself to any postop appointments while your drains are in or while taking pain medication.
- Please bring a camisole (tank top) to your first postop appointment, we will put this on under your binder to reduce friction against your skin from the binder.
- Keep your binder on at all times. You must wear the binder for 6 weeks from the date of your last drain removal.
- You should walk frequently (at least 3 to 4 times a day with 30 seconds to 1 minute each walking session starting the day of surgery. You may need a walker to help stabilize yourself when walking. However, remember that rest is important as well. So the first two to three days, you may get up to walk when you get up to go to the bathroom, to eat, to get something to drink, when you are already up to do something, walk around a little bit more before getting back to your bed/recliner.
- Make sure you take all prescriptions as directed by Dr. Wu. Medications are an important part to recovery. However, if you have any particular preferences or issues regarding medications, please inform Dr. Wu prior to surgery so that you may have the discussion before surgery so that you will know what to do after surgery. If you have any issues or questions about this please give us a call.
- For 6 weeks after surgery please avoid vigorous activities, contact sports, lifting over 5 pounds and bending over.
- Do not raise your heart rate during this full postoperative period.
- Stay calm and minimize excitable activities. Eat well, sleep well so your body can heal well.
- When sleeping, you may not be able to lie down flat due to tightness in your belly and at the incision site; it may be more comfortable for you to be slightly elevated and your knees bent or propped up with a few pillows. It will take tension off of your abdominal area.
- Remember, this is a big surgery. The typical full recovery is about 6 to 12 weeks.

### **Drains:**

Please remember to drain as close to **the same time every day** as possible. Each drainage should be **2-3 hours apart from each other**. This drainage schedule will help you get the drains out more quickly and allows more time points for calculating the totals. *Ex: 8am on 9/2/2022 to 8am on 9/3/2022.* We realize that this time frame is a little over a 24 hour period. But when we calculate it this way, it minimizes re-accumulation of fluid after drain removal. Make sure you strip the drains before draining. Drains are ready for removal when you have two consecutive 24-hr periods where your drain totals are 30cc or less per drain. Record the output of each drain separately and bring the drain record with you to each office visit.

- Drains can be in 1-2 weeks or more depending on your recovery and the extent of your surgery.
- While drains are in you are to not do anything other than rest and relax and the small amount of walking to minimize blood clots. You may consider having meals and drinks brought to you. Try to avoid stress and focus on healing. Remember to relax not only physically, but mentally and emotionally.
- The less you do (mentally and physically) and the more you abide by the instructions the sooner your drains will be ready for removal.
- Do not go outside your home other than coming to the office to have the drains removed or for a follow up appointment. Please do not drive in the car while you still have your drains unless it is to come to an appointment you have here in the office.
- After both of your drains have been removed, you will be able to shower 24-48 hours after removal and the drain sites have stopped draining.

### **Important things to remember:**

- Avoid swimming of any kind including pools, lakes, oceans or hot tubs for 6-8 weeks.
- Make sure you drink enough water and stay hydrated, eat well, sleep well and always listen to your body at all times so you can heal well.
- Flu, allergy and vaccine shots must be 6 weeks prior or 6-12 weeks post surgery.
- Discontinue alcohol 2 weeks prior to surgery and 6 weeks following surgery.
- Do not smoke or drink during the postop period.
- A stool softener is recommended for 4-6 weeks after surgery since you will be constipated. This is a normal symptom after a surgery like this.
- Make sure you eat a well-balanced diet. Fresh fruits and vegetables are encouraged and too much processed protein should be avoided especially bars and shakes as they can constipate.

**Please note, if you have a combined procedure with abdominoplasty that involves breast implants other than removal without replacement, then you will be on antibiotics for the entire duration that the drains are in your body- this could be up to 2 to 3 weeks, depending on when your drains get removed. You will be on antibiotics to minimize the probability of infection. This is in conjunction with following all other instructions.**