TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Tummy Tuck (Abdominoplasty)
Post-operative instructions

After Surgery

- The anesthetic medication or sedation administered to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly.
- Therefore, you should be under supervision of a closed relative or friend. You should not drive a car, operate heavy machinery or power tools. Please avoid alcoholic consumption. Do not smoke cigarettes. Do not smoke, eat or drink marijuana products.
- DO NOT make important decisions or sign legal documents during this period.

- Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. Drinks a lot of water with electrolytes

Medications

- Dr. Tran will prescribe you a pain medication and an antibiotic well in advance of your surgery for you to fill and have ready to take after your procedure.
- Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.
- If you have never taken these medications before, start by taking your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.
- Take pain medication and muscle relaxer 2-4 hours apart.
- ALL narcotic medications can cause constipation following surgery. You may buy Prune juice, Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy.
- Resume all your regular medications after surgery – Avoid aspirin products for 7 days (The restart of all aspirin and Ibuprofen products will be decided upon by your doctor).

Activity

- Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and move around in your house at least every 2 -3 hours during the day to prevent developing a blood clot.
- It is best to rest in the beach chair position for comfort, to minimize tension from abdominal incision and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back and pillows under your arms.

- Do not lift anything greater than 10 pounds (a gallon of milk) for 2 weeks.
- Avoid any aerobic type of activity or strenuous exercise for 4-6 weeks.
- You may resume sexual when it is no longer painful.
- You may drive after 5 days if you are not taking narcotic pain medicine.
- You can return to work within a week as long as you have a job that does not involve heavy lifting.

10301 Bolsa Ave Ste 101
Westminster, CA 92683

Phone 714-839-8000
Fax 714-839-8008

Email graphsurgery@gmail.com
Website www.tranplastic.com

TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Garment

Wrap the abdominal binder around your waist and abdomen as tightly as possible. You may be given a garment to wear instead of ace wraps. Wear the garment 24 hours a day except when in shower until the doctor tells you differently.

Wound Care

- You may shower 24 hours after your surgery. Remove your Garment and dressings to shower.
- The type of dressing you have after surgery may vary at your surgeon's discretion, based on your procedure, or skin sensitivity.

Surgical glue (Dermabond) and steri-strips - To shower, remove white gauze dressing only and wash over surgical glue and/or steri- strips gently with soap and water. DO NOT remove surgical glue and/or steri-strips, if they fall off on their own that is okay. Rinse and pat dry, apply clean dressing over steri-strips. Reapply garment.

- If you develop any scabs or crusts along your incision when there is no steri-strip in place, take a warm wet washcloth, soak it on your incision for 5-10 minutes, it will soften the scabs/crusts and gently clean them away.
- Kotex Pads/mini pads work great to use as dressings at home.
- DO NOT use a bathtub, hot tub, swimming pool, pond or lake for 6 weeks.
- No smoking or second-hand smoke-could cause tissue/skin loss.
- Absolutely NO ICE OR HEATING PADS on the surgical areas as you may freeze or burn your skin.
- If you have a drain, please follow instructions as directed by your physician.

Jackson-Pratt (JP) Drains

To prevent the buildup of blood and fluid from occurring in the surgical site, therefore reducing risk of infection.



How to care for your drain

- The collection bulb should always be collapsed (flat) to maintain continuous suction
- The bulb needs to be emptied when it is filled with fluid or the bulb is no longer on suction
- The bulb may be pinned to clothing with a safety pin to prevent it from being dislodged or pulled
- Surgeon will usually remove the bulb when drainage is below 25~30 mL/day for two consecutive days

Figure 1

10301 Bolsa Ave Ste 101
Westminster, CA 92683

Phone 714-839-8000
Fax 714-839-8008

Email graphsurgery@gmail.com
Website www.tranplastic.com

TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Emptying the drains

- Please strip the drain three times a day
- Wash your hands with soap and water before and after touching the JP drain.
- Uncap the drain and empty the contents into the measuring cup- note the amount in mL (Figure 2).
- Squeeze the center of the bulb and recap with drain plug (Figure 3).
- Record the time, amount of drainage and which drain it came from on the flowsheet cubic centimeter or milliliters (1 cubic centimeter = 1 milliliters)
- Discard the drain contents in the toilet.
- Keep the drain apparatus clean at all times.
- Bring the spreadsheet to the clinic for discussion.



Figure 2



Figure 3

How to strip a JP drain of clogs

This procedure is performed when the drain is clogged and not draining

- Pinch the tubing as close to the dressing or body with your nondominant hand.
- Then use dominant hand to pinch the tubing near the first hand.
- Milking or stripping the drain is performed by sliding two fingers along the tubing towards the bulb (Figure 4).
- Repeat the steps above until obstruction is cleared.

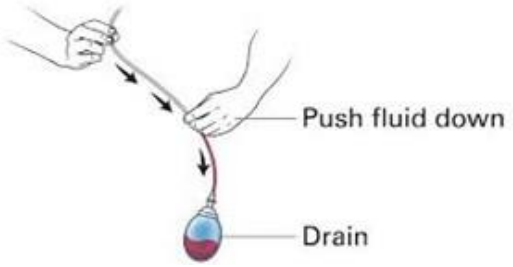

Figure 4

Follow up

Your follow up appointment can be made ahead of time with our office staff. Your stitches may be removed at the follow up appointment one week after your surgery.

For Your Comfort

- In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.
- Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your upper body and arms elevated, on an old sheet, towel, etc. as drainage may occur beyond the dressings.
- Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.

10301 Bolsa Ave Ste 101
Westminster, CA 92683

Phone 714-839-8000
Fax 714-839-8008

Email graphsurgery@gmail.com
Website www.tranplastic.com

TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6:00PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

JP Drain Log

Date & Site	8am	2pm	9pm	Total

10301 Bolsa Ave Ste 101
Westminster, CA 92683

Phone 714-839-8000
Fax 714-839-8008

Email graphsurgery@gmail.com
Website www.tranplastic.com