



MARK GITTOS | PLASTIC SURGERY

TUMMY TUCK POST OP INSTRUCTIONS

GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body and a few for sleeping on your back, with your knees bent
- Arrange to have light meals post- surgery as anaesthetics can cause nausea
- Drink lots of water post-surgery
- Bring some comfortable loose clothing with you to the hospital, to wear over your compression garments

SURGICAL GARMENT

- You will wake up after surgery with your surgical garment on
- You will be required to wear the garment full-time (day & night) for the first 12 weeks
- You will be wearing compression socks from the hospital, keep these on for 3 days or until you are walking comfortably

MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist
- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- Only take medication that is prescribed
- Constipation is very common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery

SHOWERING

- If you have drainage tubes, do not shower until Dr Gittos or his nurse removes them. You may sponge bath only before these are removed
- If you have no drains, you may shower when you are comfortable to remove the surgical garment
- Do not saturate the dressings
- Post shower gently pat dry dressings before placing garments back on
- You may very gently blow dry the dressings on a mild heat
- Do not soak in a bath or go swimming

WHAT TO EXPECT

- You will be in hospital for 1-2 nights

- You should be comfortable at home however you are likely to experience soreness and tightness, as well as discomfort in the incision area
- The pain medication prescribed will relieve it a lot but not completely
- The dull pain and pressure generally settles over the first 5-7 days
- You may walk bent over for the first 14 days – this is normal
- Most of the bruising and swelling will subside over 4-6 weeks
- Incision may be pink and slightly firm and this will reduce over 6 months and fade over the following 12 months

INCISION/WOUND CARE

- You may be discharged from hospital with drainage tubes from the area. These will be removed by Dr Gittos or his nurse after a few days. Be sure to keep an accurate record of drainage levels as shown to you by the nurse
- You will wake up after surgery with waterproof dressings
- Incisions will be taped and please leave these in place until they fall off themselves or need to be changed. You can expect some leakage onto the tapes

ACTIVITIES

- **The first 48 hours:** You should relax at home ensure that you have an adult with you that can help during this time
- **Sleeping:** Sleep on your back with your head and back supported on 2-3 pillows for the first 2 weeks and a pillow on each side
- You may sleep on your side (with a pillow to prevent you from moving) from week 3
- After 6 weeks you may sleep on your stomach if desired
- **Walking:** We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- **Normal activities:** Ease back into normal activities – most women can return to work after 14 days – depending on your type of work
- **Driving:** You can drive after 14 days provided you are no longer taking strong pain medications
- **Smoking :** You must not smoke
- **Lifting:** No heavy lifting for 12 weeks
- **Swimming:** No ocean or pool water for 8 weeks post-surgery or until the incision is fully healed
- **Sun exposure:** No sun exposure to the incision for at least 1 year. Use a sunscreen with SPF30 or greater to help decrease visibility of the scar
- You may resume sexual intercourse after 4 weeks

POST SURGERY APPOINTMENTS

- If you have drains, you will need an appointment with Dr Gittos or his nurse 2-3 days post surgery to have them removed and to check your dressings and progress
- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to have your dressings changed and check the progression of healing
- Please make this appointment when confirming your surgery date with Petrina or Ita on 529 5352

WHEN TO CALL US

- If you experience any of the following symptoms you should contact us promptly
- Constant severe pain not relieved by medication
- Constant Bleeding or constant oozing from the wounds
- Yellow or greenish drainage from the incisions or notice a foul odour
- Side effects such as rash, nausea, headache or vomiting
- Significant local or generalised swelling
- Fever