

Pre and post-operative care after tummy tuck surgery

Before surgery precautions tummy tuck surgery:

Diet- You should not eat or drink anything for 8 hours before your surgery. You can brush your teeth in the morning before surgery but do not swallow the water while rinsing your mouth.

Preparations- Wear loose and comfortable clothes in dark colours. Make sure to shave hairs from your private parts. Bring the blood test reports with you and your id proof as well. Bring one attendant like a friend or family member with you. Arrive at the clinic at an appointed time.

Post-operative care after tummy tuck surgery

Immediately after your procedure- Just after your procedure a compression garment is given to you that you have to wear 24 hours a day for 2 months. You have to visit the clinic for follow-up after your procedure. Your dressing will be removed in the follow-up procedure and you will be checked to know that the postoperative course is running smoothly. After your dressing gets removed, you can take a bath. Your stitches will not be affected by water and soap. Do not lock the bathroom because you might fall down because of weakness and drowsiness.

Diet and exercise- You should take a nutrient rich diet that has lots of fibres and with that you should also make sure that you are taking enough fluids. Do not indulge in vigorous exercises for one week after your procedure. Start with mild cardio after 1 week of your procedure. You can start light walking immediately after your surgery as this will help in decreasing swelling in the area. You can start heavy gymming and exercises 2 weeks after your procedure.

Fluid drainage- You might see some fluid discharge from the operative site which can be clear to red in colour. This drainage is a normal part of your recovery. Drainage may continue till 72 hours.

Bruising- bruising after your procedure is very normal around the lipoma incision area and it will go away in 2 weeks.

Swelling- Swelling persists at peak levels for two weeks and it will subside in 1-3 months on its own.

Pain and fever- pain and discomfort will be there on the operated body parts which will subside on its own. You might face some difficulty in getting up and more pain in the pressure bearing area such as the back.

Weakness and hardness, numbness, irregularity and stiffness- These concerns will resolve gradually in 1 to 3 months.

Massage- Massage the area gently with coconut oil twice a day for 45 minutes for quick recovery and healing.

Resuming normal activities- You can return to your daily activities in 5 to 7 days where there is no travelling and food restriction. You should not consume alcohol and avoid smoking for at least 15 days after your procedure.