



## SUMMARY OF POST SURGERY INSTRUCTIONS FOLLOWING MINI TUMMY TUCK

### DRESSINGS AND MEDICATIONS

Taped waterproof dressings to stay on for one week, changed every week for three weeks for protection from the binder garment. All prescribed medications to be taken as instructed.

### FOLLOW UP APPOINTMENTS

At 1 week, 3 weeks and 4 and 12 months, but this can vary.

### TIME OFF WORK

Typically 1 week.

### GARMENTS

Abdominal binder for 4 weeks.

### WASHING

Shower from day one as you have a waterproof dressing and skin glue.  
No baths.

### BEACH AND SWIMMING

After all wounds are dry and healed at approximately 4 weeks.

### SLEEPING POSITION

Sleeping with extra pillows behind back and knees to prevent tension on the abdomen for one week.

### MOBILITY

Immediately.

### DRIVING

At 1 week with a towel wrapped around the seat belt for protection.

### EXERCISE

None for 4 weeks. NO heavy lifting or exertional jerking abdominal exercises for 6 weeks.

### FULL RECOVERY

6-8 weeks.

### FINAL APPEARANCE

Abdominal contour at 6 months, scars at 18 months.

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## YOUR NOTES AND QUESTIONS