



IT IS IMPORTANT TO GET OUT OF BED EARLY AND OFTEN AFTER YOUR SURGERY (WITH ASSISTANCE) TO PREVENT POSTOPERATIVE PROBLEMS. PLEASE TAKE 15-20 DEEP BREATHS PER HOUR FREQUENTLY TO KEEP YOUR LUNGS CLEAR.

It is important to walk slightly “stooped over” (bent at the hips) for 3-5 days to release tension on the suture line. Sleep with your hips in a flexed position. These instructions aid in the quality of your scar.

Administer the Lovenox blood thinner into you thigh as instructed for 7 days after the surgery – THIS IS IMPORTANT.

Take your pain pills and muscle relaxants as direct for the first 2-3 days to manage your discomfort.

Keep your head elevated about 30 degrees and leave your knees slightly flexed.

Stay on a soft diet for 2-3 days and avoid spicy food which can cause nausea and gas.

Keep your drainage bulbs collapsed and record time and amounts of drainage over a 24-hour period. All patients heal differently according to many factors. Dr. Camp will make the decision regarding drain removal and necessity of office visits. (Generally, the drains will be removed when the drainage is 30cc or less in a 24-hour period, which usually occurs in 7-10 days.) You may shower after drains are removed. Before that sponge bathe only. Make sure someone is with you at your first shower!

Matthew Camp, M.D. Tummy Tuck After Care Instructions.

Wear a binder continuously for 7-10 days. You can take it off to sponge bathe after 3 days. (We will do the 1st dressing change in our office.)

You will have a skin tapes over your incision. This will protect the incision for 7-10 days. You can shower with the steri strips in place. If you have sutures, they will be removed in 7-10 days

Please call Dr. Camp immediately at any sign of infection which would be signaled by fever, increased pain, new redness or swelling in the abdominal area.

You may resume sexual activity in 4 weeks. For the first 10 days following surgery, raising your blood pressure (heart rate) will cause bleeding. Abdominal stress on your muscles will stretch/break the stitches if you exercise before 4 weeks. At four weeks you should consider passive or less vigorous sexual activity that will not cause abdominal movement.

POST-OP

Please do not drive for 7-10 days

Do not lift anything heavier than 10 lbs for 3 weeks

It is good to walk for 15-20 minutes 6 times per day

Do not run, lift weights, play tennis, or golf for 3-4 weeks after surgery. (Keep your heart rate under 100 for 3 weeks)

You may begin swimming 4 weeks post-operatively

GENERAL INSTRUCTIONS

Moderate swelling of your abdomen is to be expected. You may find that your clothes may not fit as easily as before. Be patient. The swelling will gradually subside and you will be back to normal in 3 to 6 months.

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Because of the removal of tissue from your abdomen, there is a certain amount of tightness that is to be expected. This will slowly relax within 6 months.

If you notice some vaginal burning and itching (vaginitis) as a result of the antibiotic used during and after surgery, our office or your family physician can prescribe Diflucan.

Infrequently after surgery, you may have fluid in the abdomen after the drains are removed. If this happens, you will notice a fullness or sloshy feeling in your abdomen. Please contact our office so we can aspirate it easily.

After your surgery, start with a liquid diet and then progress to a soft diet. Limit spicy foods which cause gas or bloating. Though it is impossible to get rid of gas entirely, there are strategies to reduce it. Eat and drink slowly. Do not gulp. Chew thoroughly. Cut down on carbonated drinks. Avoid sugar-free gums and sugar-free candies that contain sorbitol or zylitol – both sweeteners are poorly digested. If gas is painful and persistent, call our office. People are all different so you will need to use your judgment on food choices.

Some suggestions to ease abdominal discomfort or indigestion after surgery:

- Drink a lot of water – 8 glasses a day!
- Drink warm liquids (tea or coffee)
- Prune juice mixed with 7-Up (half and half) for mild constipation
- If severely constipated use Miralax first as it is a mild but effective laxative, Phillips Milk of Magnesia, Colace stool softeners, and fleet enemas (regular or oil retention) as a last resort.
- Walking helps the circulation in legs and bowels.

It is important to be seen by Dr. Camp after your initial post-op checks. He will see you in follow-up appointments at 1 week, 3 weeks, 6 weeks, 6 months and 1 year post-op. We will make these appointments for you.

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F YOU HAVE ANY QUESTIONS, PLEASE CALL DR. CAMP

If you are a patient at one of the facilities below, please call between the hours of 8:00-5:00. If you need immediate care, please call Dr. Camp anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

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