



Post Op Instructions

1. No lifting, pushing or pulling anything heavy (>5 lbs.) x 6 weeks.
2. Cramping and spasms are normal post op especially with movement. Remember to take deep breaths. The cramping pain will subside after 2-3 days.
3. Sleep elevated (2 pillows) the first 2 nights.
4. Abdominal binder x 6 weeks. First 2 weeks day and night. After 2 weeks, only during the day. Make sure if you have a lower incision due to tummy tuck that the abdominal binder is low enough to cover that area. Make sure to wear tank top under abdominal binder so the polyester does not irritate skin.
5. When coughing or sneezing, hold and splint abdomen.
6. You will have 2 week and 6-week post op appointments. At your 2-week post op appt, you will need to remove dressings before if you are doing a Zoom appt.
7. You may walk and eat as much as you can tolerate. If you got the full tummy tuck done, for the first week walk at 45-degree angle for the first week
8. Please Drain the bulb from the drain daily and keep a log of how much ahs came out
9. Shower next day. Scrub around, not on dressings and let water/soap flow over.
10. You may get stool softeners such as COLACE to help for constipation... NO LAXATIVES.
11. Narcotic pain medication prescription has been provided. Ibuprofen/Motrin/Advil can be taken as well in between doses of narcotics. No Tylenol additionally....as the narcotic has Tylenol already in it.
 - a. We have prescribed Norco oral to be taken every 6 hours. If you need more pain control you can take ibuprofen/Motrin/Advil in between the doses of Norco.
 - b. Example:
 - i. 1st dose of Norco : 1pm
 - ii. IBUPROFEN 400 mg : 4 pm
 - iii. 2nd dose of Norco: 7pm
 - iv. IBUPROFEN 400 MG: 10 pm



12. Stay Hydrated

13. If you get a scopolamine patch, please remove after first night if there is no nausea present. But if nausea persists, you may keep on for 3 days. WASH HANDS AFTER REMOVAL DO NOT TOUCH EYES.

14. Arnica supplements are good for bruising and Over the Counter

In case of an emergency contact Dr.Iraniha to His CELL#949-677-7755



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