



**KYLE R. WANZEL MD, MEd, FRCS(C)**  
*Plastic, Reconstructive and Cosmetic Surgeon*

1243 Islington Ave., Suite 600, Toronto, ON M8X 1Y9

Phone: (416) 236-2571 Fax: (416) 236-4591

[www.plasticcosmeticsurgery.ca](http://www.plasticcosmeticsurgery.ca)

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## **Post-Operative Instructions for Tummy Tuck**

1. Take your medication(s) as prescribed
2. Expect a small to moderate amount of pain, tenderness, swelling, numbness and bruising
3. Smoking will delay the healing process
  - i. If you smoke, you must quit for at least 6 weeks before and 6 weeks after surgery
4. During the first week, the majority of your time should be spent relaxing, and when lying on your back place a pillow behind your knees and an extra pillow behind your head
5. During the first week, move your ankles and pump your calf muscles regularly
6. Walking is allowed, but in a slightly flexed position for the first week
7. If you have drains empty and record the amount every 12 hours or when they are half full
8. Leave the dressings and abdominal binder intact until the first post-operative visit
9. Return in 5 to 7 days for removal of the drain(s) and the first dressing change
10. After the initial dressing and drains are removed (at the first post-operative visit), you may shower daily and pat towel dry carefully and re-apply a dressing (if required)
11. Leave all paper tapes on over the incisions until they lift off on their own (you may shower with these on and get them wet)
12. After the first dressing change, you must continue to wear the abdominal binder for at least 23 hours a day for another 4 weeks
13. Return in another week for inspection of the abdomen and incisions
14. Light activities and more walking are permitted at this time (i.e. 10 to 14 days post-op)
15. Return in 4 weeks for another follow-up visit
16. Normal activities are permitted at this time (i.e. 6 weeks post-op)

**IF YOU HAVE ANY CONCERNS AT ALL, PLEASE CONTACT THE OFFICE**