



Recovery after Lipo-Abdominoplasty (Tummy Tuck)

Compared to General Anesthesia, **Comfortably Awake Lipo-Abdominoplasty** has an **unprecedented safety record** and allows the surgeon to effectively remove excess fat and loose skin with little discomfort, faster recovery, and improved cosmetic results. Patients experience fewer skin irregularities, and less bruising, and improved cosmetic results.

A. First evening and the next day:

1. You must have a **responsible adult** drive you home and stay with you the first 36 hours.
2. It is very important to **keep your feet up for the first 24 hours** after the procedure. Likewise, please **rise gradually** - from reclining to standing position - first sit at the edge of the bed for 30 seconds, then stand by the edge of the bed for 30 seconds, then, if you're still not lightheaded, you may carefully proceed to walk.
3. It is also very important to **drink healthy fluids every 15 minutes the first 2 days** after the procedure to help prevent lightheadedness and reduce risk of fainting.
4. Wear your **compression garment** continuously for the entire 1st 24 hours. Likewise, we ask that you wait 24 hours before taking your 1st shower. Have a companion assist you when you're removing your compression garment the 1st time and be with you when you shower the 1st time.
5. **Text back our surgical team** on the provided text thread the first afternoon/evening to give us an update and have answered any concerns/questions.

B. First week:

1. Two small drains tubes will be exiting from your lower abdominal area. **Empty the drain bulbs** regularly to keep them from filling up thus maintaining self-suction on the drain bulbs.
2. **Apply Carmex** (medicated lip balm) to all stitches twice a day until healed.
3. You can start to **ease back** to your routines after 48 hours.
4. Continue to consume **probiotics** (yogurt, kefir, kombucha, etc.) daily for 4 more weeks to keep your gut populated with healthy bacteria; antibiotics temporarily harm the gut's healthy microbes.
5. Take all prescribed medications as instructed. **Tylenol and/or Motrin** as per packaging instructions for discomfort.
6. Drains are removed at around 1 week; all incisions treated with fractional laser to reduce scars.

C. Second week:

1. **All remaining sutures are removed** at 2 weeks, all incision areas are again treated with laser.
2. **"Induration"** begins to set in under the tummy tuck incision – this belt of induration (firmness) is up to 4" inches wide, an inch thick, and the length of the incision – it will resolve by about 3 months.

D. Subsequent weeks/months after:

1. Expect there will be some **swelling** and contour irregularities/asymmetries for several months.
2. We all recover differently. On average, most clients are essentially fully recovered and can resume regular activities by 4-6 weeks. Some soreness may persist for a couple of months. The low-placed scar continues to "remodel" – lighten and flatten for up to **2 years**.

Please keep us updated regarding your progress/concerns/questions.