

# Post-Surgery Precautions

## + Tummy Tuck (Full Abdominoplasty)

- 01** For 1 month after the surgery, you should sleep in a slightly slouched position and not straight your back.
- 02** In case of wearing drainage tube after the surgery, please be careful so that the tube does not come off.
- 03** Body fluid can leak out within 24 hours after surgery up to the 3rd day. There may be some bruising and swelling on the surgical area.
- 04** Stitches are removed between 10 – 14 days after surgery.
- 05** Avoid heavy exercises such as aerobics and/ or working out at gym for 4 weeks after surgery. Taking a walk is recommended.
- 06** Shower can be done once the stitches are removed; However, sauna and hot spring should be avoided for 4 weeks.
- 07** Only the painkiller and antibiotic that are prescribed by the clinic should be taken and take them as directed. If the pain persists even after taking the medication, then Tylenol can be taken additionally.
- 08** Drinking and smoking should be avoided for 4 weeks. Alcohol can cause infection and smoking can damage/necrotize skin or postpone wound recovery as it contracts blood vessels.

