

**ROBERT E. ROTHFIELD, M.D., F.A.C.S**  
DIPLOMATE, AMERICAN BOARD OF PLASTIC SURGEONS

2300 N. Commerce Pkwy  
Suite 202  
Weston, FL 33326  
(954) 389-7999  
FAX: (954) 389-7147

**ABDOMINOPLASTY (Tummy Tuck) INSTRUCTION SHEET**

**PRE-OPERATIVE DIRECTIONS:**

1. Absolutely NO food or drink after 12:00 MIDNIGHT the evening prior to surgery, including water and coffee..
2. Wash the operative areas with soap & water the evening before.
3. DO NOT take any medication, as all medication necessary will be given prior to surgery in the operating room. If you regularly take any morning medications for medical conditions, such as heart trouble, high blood pressure, or diabetes, please check with our office regarding this. You may take a sleeping pill the night before surgery if necessary.
4. Bring along a few appropriate items for your stay including a nightgown or pajamas, and robe that buttons or zips up the front. Do not bring anything that must be pulled over your head. Do not bring any valuables or jewelry.
5. DO NOT TAKE ASPIRIN OR ASPIRIN CONTAINING MEDICINES, OR VITAMIN E for two weeks prior to surgery. TYLENOL may be used instead. DO NOT TAKE IBUPROFEN (Motrin, Advil, etc.) or SIMILAR ANTI-INFLAMMATORIES for seven days prior to surgery.
6. STOP SMOKING at least six weeks prior to surgery or altered and delayed healing may occur.
7. Advance payment is due two weeks prior to surgery.

**POST-OPERATIVE DIRECTIONS:**

1. After surgery, you will have dressings and a support abdominal binder. The dressings will be changed, generally one or two days post-operatively. Drains will be removed 5-7 days after surgery.
2. Take medications for pain and antibiotics according to the directions on the bottles.
3. Empty and measure the amount in the drainage bottles four times a day (breakfast/lunch/dinner/before bed) and record in cc's or ml's (**not** ounces) on a piece of paper. Bring this paper to the office for your post-op visit.
4. You may begin showering after removal of the drain tubes. The support binder should be worn continuously, except during bathing, for four weeks after surgery. A cotton undershirt may be worn under the binder for improved comfort. If any suction is performed along with the abdominoplasty, the binder or support garments must be worn continuously for six weeks after surgery.
5. Do not exercise for the first two weeks. You should, however, be out of bed walking and doing regular activities. After two weeks you may begin light exercise such as walking or riding a stationary bike. After one month you may resume all exercise activities without restrictions.
6. The first office visit will usually be a few days after surgery.

(OVER)

7. Direct sunbathing on the abdomen is prohibited for at least three months.
8. Contact us immediately if you have any unusual pain, tenderness, inflammation, drainage or fever.

9. PLEASE BE PATIENT, as the process of healing and softening of the scars and abdominal area takes 6-12 months.

If you have any problems or questions, please do not hesitate to call the office at any time, preferably between 9:00 AM and 5:00 PM weekdays.