

GARY A. TUMA, M.D., FACS

PLASTIC SURGERY ASSOCIATES OF NEW JERSEY
TWO CAPITAL WAY, SUITE 505
PENNINGTON, NJ 08534

(609) 537-7000
FAX (609) 537-7070



BREAST SURGERY
COSMETIC SURGERY
RECONSTRUCTIVE SURGERY

Abdominal Wall Reconstruction

You may shower daily once you get home. Do not take a bath until instructed. Wash incisions with soap and water daily.

See drain instruction sheet for drain care.

Do not apply any heat or cold to the surgical site.

Wear abdominal binder around the clock for the first 4 weeks, even to sleep in. You may take it off to shower.

You will also experience difficulty standing fully upright: Standing upright could greatly affect your results and could cause serious injury. Slowly stand upright over time, no back bends.

Resume normal activity 3-5 days after surgery. Avoid vigorous activity and heavy lifting for 6 weeks. Walk daily.

Evaluate incision daily if any changes call immediately. Redness, discoloration, or drainage, some bruising is normal but if it is excessive please call.

Abdominal discomfort is normal after surgery. Pain medication will help you cope with any discomfort. The drains may cause additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Drink lots of fluids as not to get constipated. Take stool softener as prescribed.

Shiny skin or any itchy feeling: Swelling can cause the skin to appear shiny and incisions may itch as healing occurs. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. **If the skin becomes red and hot to the touch, contact our office immediately.**

OUR OFFICE SHOULD BE CONTACTED IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen breast or bruising that is localized to one breast or region of the chest.**