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BREAST SURGERY  
COSMETIC SURGERY  
RECONSTRUCTIVE SURGERY

## **Abdominoplasty**

- Wear the binder around the clock except when you are showering.
  - ✓ This means even to sleep in.
- You may shower starting when you get home. Wash the area with soap and water then pat the tapes dry. Leave the tapes in place.
- To decrease blood clots from forming in your legs perform leg exercises.
  - ✓ Flex and point your toes 1000x a day. "Step on the Gas"
  - ✓ Ambulate as much as possible. "Walk"
  - ✓ Bend and straighten your knees
- No Heavy lifting for 4-6 weeks after surgery
  - ✓ Nothing heavier than a gallon of milk or telephone book
- **No Smoking** for 6 weeks after surgery.
- Avoid direct exposure to the sun and do not use heat of any kind (heat lamp, heating pad, sauna, hot tub, tanning booth, etc.) for 12 weeks after surgery.
- Do not take aspirin, or aspirin containing products or ibuprofen for 2 weeks after surgery.
- Stay well hydrated and make sure to eat foods that keep you regular as not to become constipated.
  - ✓ Take stool softener as directed
- Maximize protein intake for healing.
  - ✓ Meat, Fish, Chicken, Eggs
  - ✓ Protein shakes, bars, or powders
- Try walking upright over the first few days.
  - ✓ No back bends