



First Follow up Reminders Tummy Tuck

Hygiene:

- It is okay to shower. However, bathing in a tub or a hot-tub is not recommended for another 2 weeks.

Healing:

- Swelling, pain, sensitivity, and bruising is normal. A bruise dissolves from black to purple to green and yellow, and then disappears. The healing process for a bruise is not the same for everyone.
- Scar care – you should massage the incisions twice a day with Mederma or Vitamin E oil. Both of these items can be purchased over the counter at most drug stores. Biocorneum which is a silicone based device that bonds directly to the skin is available from our office.
- You may also consider laser treatments in the office starting at 4 weeks after surgery. Multiple treatments may be required for the best result.
- Gentle intimacy is okay in one more week, if you are comfortable.

Clothing:

- Continue to wear an abdominal binder, girdle, or Spanx type garment

Exercise:

- 1 week → Brisk walking
- 3 weeks → Stationary bike
- 4 weeks → Elliptical, Pilates
- 5 weeks → Stair master, Yoga
- 6 weeks → Running, weight training and muscle toning
- No swimming for 4 weeks after your procedure.