



Tummy Tuck Aftercare Instructions

Recovery Timeline

Week 1-2: Significant swelling, bruising and discomfort. Light walks.

Weeks 3-4: Improved swelling and mobility. Transition to more accessible foods.

Weeks 5-6: Much less swelling/soreness. Daily activities resumed.

Weeks 6-8: Resume non-strenuous exercise. Complete healing by 3 months.

Let me know if you need any clarification or have additional questions!

Medications

- Take prescribed pain medications as directed.
- Take antibiotics for 1 week after surgery to prevent infection.
- Use a stool softener and laxatives if constipated to avoid straining.

Diet

- Begin with clear liquids and light foods like broth, jello, and yogurt.
- Slowly progress the diet over 2 weeks, avoiding greasy, spicy, or hard-to-digest foods temporarily.
- Drink at least 64 oz of fluids daily. Focus on water, protein shakes, and fresh juices.

Activity Restrictions

- Avoid any strenuous activity or lifting over 5 lbs for 6 weeks.
- Sleep on your back with a pillow under your knees, or recline slightly.
- Walk around home every 2 hours for 10 minutes to prevent blood clots.
- Do not drive while taking prescription pain medications.

Incision Care

- Monitor drains and incisions for signs of infection: redness, foul odor, warmth, pus.
- Follow instructions carefully on showering, changing dressings, and leaving sterilization strips intact.
- Wear your compression garment as directed, usually 24/7, for 6 weeks.
- Apply ointment to incisions and massage gently when approved.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

