

Abdominoplasty *(Tummy Tuck)*

Post-Operative Instruction

Other ways to help ease discomfort after surgery

- Avoid any Activity which uses the abdominal muscle.
- Try not to sit in a deeply upholstered chair or sofa.
- Depend on your arms to push yourself up from a sitting position.

When getting into bed

- First sit on the edge of the bed then let yourself down on your side using your arms, straighten your legs and roll onto your back.

Getting up, is just the reverse

- Roll onto your side, near the edge of the bed.
- Pull your legs into a tucked position, and let your feet drop over the edge of the bed.
- Use your arms to push yourself up to a sitting position on the edge of the bed.