

Abdominoplasty *(Tummy Tuck)*

Pre-Operative Instruction

Items to purchase before surgery:

We recommend a support garment/panty for after surgery to help support the abdomen and to help reduce swelling. This garment should feel quite snug to fit pre-operatively, as your abdomen will be smaller after surgery.

It is best to purchase a garment that sits high up on the abdomen to avoid it from rolling and causing discomfort. Full body shapers are available that includes a bra as well. These garments can be found at Kohls, Target, Walmart. The price ranges from \$10 - \$30 (example: Maidenform® Control It™ Firm Control Waist Nipper Brief).

You will be instructed when to start wearing your support garment.

In addition to the garment you will need:

1. Hydrogen peroxide to clean incisions.
2. Gauze pads or light day napkins to cover incisions and absorb drainage
3. Bacitracin antibiotic ointment to coat incisions 0 We do not recommend using Neosporin or triple antibiotic ointment.

Further instructions will be given to you at your post-operative appointment.

If you have any questions, please do not hesitate to contact our office at (269) 372-3000