



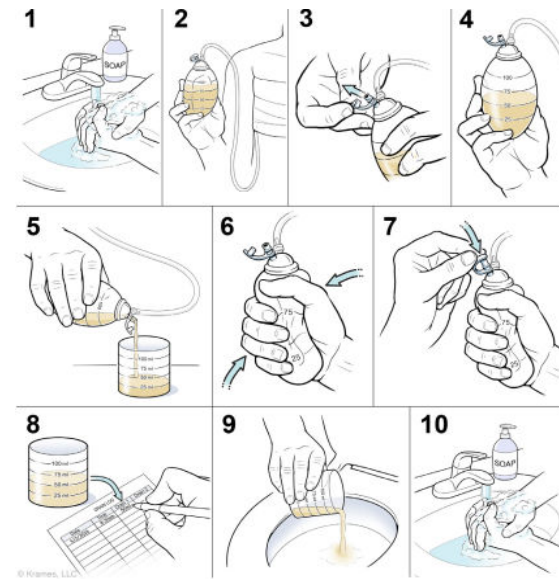
IMPORTANT INFO

It is extremely important to follow the Tummy Tuck Aftercare Instructions you received at your consultation appointment, in your surgery booking packet, and in your bag on the day of surgery. Following all post op instructions gives you the best chance of having a smooth recovery. Failure to follow all aftercare instructions can cause other problems such as problematic wound healing, need for outside emergency care, and/or need to return to operating room to address fluid collection.

- ☐ **Drains:** Keep track of your drain output (see reverse side) and record all fluid collected within each 24 hour period beginning on the day of surgery. It is extremely important to keep an accurate record of drain output. If your drain output has been higher than 30 cc (30 mL) in the three days leading up to your drain removal appointment, please contact the office to postpone the drain removal for another 3-4 days at least. Bring this sheet to your drain removal.
 - ☐ **Compression:** Post surgical compression is mandatory. You received one compression garment on the day of surgery and a second one today at your one day post op visit. You can handwash in cold water and line dry. You should wear compression for 24 hours a day for at least the first two weeks after surgery. Failure to properly wear compression can lead to a fluid collection requiring a separate trip to the operating room. You should have compression on at all times only removing it to take a shower.
 - ☐ **Lovenox:** If you were prescribed Lovenox on the day of surgery (typically for muscle tightening or hernia repair), you should have brought your first dose to today's visit. We can show you how to administer your first dose today (one day post op) and then you will need to administer one dose each day for the next 6 days after today (7 total doses).
 - ☐ **Antibiotics:** You must take your antibiotics as directed for 7 days.
 - ☐ **Infection Control:** Post op infection control is essential to a successful outcome. You absolutely must not sleep with pets or have pets sitting on your incision or sharing linens with you during the recovery phase. You should avoid situations with contaminated materials such as pet waste or human waste. You are considered fully healed at 6 weeks post op.
 - ☐ **No Smoking:** If you are a smoker, you must not smoke for 6 weeks after surgery. Smoking can lead to poor wound healing.
 - ☐ **Medication Instructions:** Maintain all other medications prescribed by your primary care provider as directed by your primary care provider. You should have special instructions from your primary about medications that can affect blood pressure.
 - ☐ **Pain medication:** You may alternate Percocet and acetaminophen (Tylenol). If taking acetaminophen, take no more than 4000 mg in a day. Remember that there are 325 mg of acetaminophen in each Percocet, so include that in your calculation.
 - ☐ **Followups:** Your initial followup visits were scheduled for you when you booked surgery. It is extremely important to attend your followup visits. Please text the office 612-424-2767 if you need to reschedule any visits.
 - ☐ **Contacts:** If you have a question or concern, it is best to call or text the office 612-424-2767 during normal business hours. Office staff may ask you to send photos via text or email to be reviewed or they may invite you to come in for the next available appointment. If you have an urgent question such as concern about an infection or fluid collection after hours, please text both Dr Camp's line 612-208-4179 and the office line 612-424-2767.
- In Case of Emergency Dial 911:** If you suspect a medical emergency you should call 911 or present immediately at an urgent care or emergency room.

JP Drain Tube Instructions:

1. Wash hands with soap and water before handling drains.
2. "Strip" the JP drain tubing before you empty the contents of the tube.
3. Unplug the spout of the bulb.
4. The bulb will expand when the suction is released.
5. Empty the contents of the bulb into a measuring cup.
6. Squeeze the bulb to fully empty the JP drain.
7. Use one hand to squeeze the air out of the bulb while using your other hand to plug in the bulb while compressed.
8. Check the amount of fluid in the cup at eye level and measure the amount of drainage in milliliters (mL).
9. Empty the contents of measuring cup into toilet and flush.
10. Wash hands with soap and water after handling drain.
11. Repeat for second drain if applicable.



	Date	Drain #1	Drain #1 Total	Drain #2	Drain #2 Total
Day 1 Output (mL)		AM: PM:	mL	AM: PM:	mL
Day 2 Output (mL)		AM: PM:	mL	AM: PM:	mL
Day 3 Output (mL)		AM: PM:	mL	AM: PM:	mL
Day 4 Output (mL)		AM: PM:	mL	AM: PM:	mL
Day 5 Output (mL)		AM: PM:	mL	AM: PM:	mL
Day 6 Output (mL)		AM: PM:	mL	AM: PM:	mL
Day 7 Output (mL)		AM: PM:	mL	AM: PM:	mL
Day 8 Output (mL)		AM: PM:	mL	AM: PM:	mL