Tummy Tuck *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Walking slightly hunched, sleeping in a flexed position, drains if your surgeon uses them.

Week 1
Frequent short walks, compression, drain care, plenty of protein and fluids.

Weeks 2–3
Standing a little straighter each day. Drains usually out. Some return to desk work.

Weeks 4–6
Compression continues. Light activity, with no heavy lifting until cleared.

Months 3–12
Scar season. The incision is long, so patience and sun protection matter.

Four weeks before

- [ ] Step counter
- [ ] Light resistance bands
- [ ] Unflavored protein powder
- [ ] Freezer meal containers
- [ ] Breathing exerciser (incentive spirometer) ASK SURGEON
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Knee wedge pillow ★
- [ ] Overbed table
- [ ] Grabber tool ★
- [ ] Extra-long phone charging cable ★
- [ ] Raised toilet seat ★
- [ ] Shower chair ★
- [ ] Handheld shower head ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Wide-leg lounge pants ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Ginger chews
- [ ] Travel neck pillow

Week one at home

- [ ] Abdominal binder ASK SURGEON
- [ ] Drain holder belt ★
- [ ] Shower drain lanyard ★
- [ ] Non-stick gauze pads ★
- [ ] Paper medical tape ★
- [ ] Disposable underpads
- [ ] Nitrile gloves
- [ ] Peri bottle
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Reusable bendy straws
- [ ] Stool softener ASK SURGEON
- [ ] Fiber supplement ASK SURGEON
- [ ] No-rinse bathing wipes ★

Weeks two to six

- [ ] Stage 2 compression garment ASK SURGEON
- [ ] High-waist soft underwear
- [ ] Adhesive remover wipes
- [ ] Soft robe
- [ ] Bone broth

Scar season

- [ ] Silicone scar sheets ASK SURGEON
- [ ] Mineral sunscreen SPF 30+ ★

Talking with *your surgeon*

Questions many tummy tuck patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

Will I have drains, and how do I record the output?

Which compression garment do you want me in, for how long, and should I buy a second one?

How long should I sleep in a flexed position?

Do you want me to use a breathing exerciser before or after surgery?

What do you recommend to prevent constipation with my pain medicine?

When can I shower, drive and return to work?

When to call your surgeon

- New or rapidly increasing swelling or firmness on one side of your abdomen
- Skin near the incision that turns dark, gray or black
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS