



# THOMAS P. McHUGH, M.D.

Plastic & Reconstructive Surgeon  
Cosmetic, Hand & Laser Surgery

## ABDOMINOPLASTY (TUMMY TUCK)

Diplomate, American  
Board of Plastic Surgery

### TO MY PATIENT:

*This is a reminder of things we have discussed today concerning your surgery. Please keep these instructions to refer back to after you have had your surgery. If you have further questions, you may contact our office at 281.444.3733, Monday - Friday from 8:30 am - 5:00pm.*

800 Peakwood

*Things you should know and do before and after your surgery:*

Suite 8C

Houston, Texas 77090

281.444.3733

FAX: 281.444.3577

- 1. DO NOT take aspirin or "aspirin-like" medications for at least 7-10 days prior to your surgery. These medications may cause increased bleeding during surgery. However, if you take aspirin prescribed by your medical doctor, do not discontinue taking it before checking with your doctor. Tylenol (acetaminophen) is okay to use as it does not act in the same way as aspirin.*
- 2. If you develop any acute illness, infection or fever prior to your surgery, please notify my office as soon as possible. Colds and other infections can jeopardize your health and the results of your surgery.*
- 3. TABACCO: I DO NOT allow smoking during the pre-operative and post-operative period. It has been demonstrated that tobacco use interferes with blood flow and this could result in unsatisfactory scars.*
- 4. You will have drains that will be removed in our office 3-4 days after your procedure. You will need to empty the drainage and measure, if you have any difficulties, please contact our office.*
- 5. At the time of surgery, you will be placed in an abdominal binder, which must be worn day and night (except for bathing) for six weeks.*
- 6. Your sutures will need to be removed in our office 10-14 days after your procedure.*
- 7. Please get plenty of rest, drink plenty of liquids and eat solid foods as tolerated. You may find it necessary to use a mild laxative or stool softener during the first few days after your procedure. (over-the-counter)*
- 8. You may not exercise or lift items weighing over ten pounds for the first six weeks following your surgery.*
- 9. Make sure you finish all antibiotics that were prescribed and take pain medication as needed.*
- 10. Please call our office to schedule your follow-up appointment at 281.444.3733. These appointments are very important and should be kept.*

22999 US Highway 59

Suite 154

Kingwood, Texas 77339

281.348.3373

Board Certified by  
the American Board of  
Plastic Surgery

Member of:  
The American Society of Plastic and  
Reconstructive Surgeons,  
Texas Society of Plastic Surgeons,  
Houston Society of Plastic Surgeons,  
American Medical Association,  
Texas Medical Association,  
Harris County Medical Association,  
American Burn Association