



PATIENT RECOVERY GUIDE

Tummy Tuck Aftercare Instructions

Your personalised recovery guide following a tummy tuck with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Tummy Tuck	_____	DD / MM / YYYY	DD / MM / YYYY

Your recovery after a tummy tuck is more comfortable than its reputation suggests, and your own body is the best guide to your pace. Wear your support garment, protect the muscle repair by avoiding straining and heavy lifting, and care for your drain as shown. Move gently and early — but let healing lead. The flatter, firmer result is already there beneath the swelling.

1 The First 48 Hours

- ◆ **Bend at the hips.** Rest and walk slightly bent at the waist for the first days to protect the muscle repair.
- ◆ **Medication.** Take prescribed antibiotics and pain relief exactly as directed.
- ◆ **Support garment.** Wear your abdominal binder continuously as fitted; it supports the repair and limits swelling.
- ◆ **Move gently.** Walk with help within hours, and independently by the next day, to aid circulation.
- ◆ **Drain care.** Empty and record your drain output as shown; it prevents fluid collecting under the skin.
- ◆ **No straining.** Avoid coughing hard, straining, and any lifting in the first week.

2 Recovery Timeline

- DAYS 1 – 4**
Early healing. Up with help in hours, walking next day. No pain on day one from long-acting anaesthetic. Shower at 3–4 days.
- DAYS 4 – 10**
Back to routine. Travel at 4–5 days; return to work at 7–10 days. Keep avoiding strain and heavy lifting.
- WEEKS 3 – 4**
Resuming exercise. Gradually return to sport and physical activity from three to four weeks, as comfort allows.
- MONTHS 1 – 6**
Final contour. Swelling resolves, the scar fades over months, and the flat, toned final shape settles in.

“I rebuilt your core from the midline out — now protect it. Wear your binder, avoid strain, and let the muscle repair settle. The firm, flat contour you will see is the result taking hold.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your abdominal binder as directed.
- ◇ Rest bent slightly at the waist early on.
- ◇ Walk gently and often to aid circulation.
- ◇ Attend every follow-up and drain check.

PLEASE AVOID

- ◇ Straining, coughing hard, or any lifting (week 1).
- ◇ Strenuous exercise or sport before 3–4 weeks.
- ◇ Smoking, which delays healing and risks wound separation.
- ◇ Sun exposure on the healing scar.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Bleeding, discharge, or any opening of the incision.
- Severe or increasing pain not eased by medication.
- A firm, growing fluid collection (seroma) under the skin.
- Calf pain, chest tightness or shortness of breath.

5 Discharge Checklist

- ☐ Abdominal binder fitted and spare provided.
- ☐ Antibiotics and pain relief collected.
- ☐ Drain care and showering instructions understood.
- ☐ Follow-up and drain-removal date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS