

## After tummy tuck

Tummy tuck guarantees excellent results and improved appearance but if you hope to look perfect straight after surgery, you will be disappointed. It takes time for the wounds to heal and for your body to recover completely. Therefore you should be aware to be patient after your surgery, since it will take time to recover and enjoy the results.

### After tummy tuck

It is absolutely normal that your abdomen will be swollen and you might feel pain and discomfort for a few days or weeks after surgery. Pain may be regulated with medicines. If your surgery is done under out-patient basis, you will be released in a few hours. You might have to stay in the hospital for about three days after surgery depending on the extent and type of surgery.

It is very important to start walking as soon as possible. In case it is hard and painful at first, you should be moving your legs and feet lying in bed. Ask your doctor when you will be allowed to take showers and how often you should change the dressings. You will need to have your surface stitches removed in about a week. And deeper sutures will get out in less than a month.

It will take some time to return to your normal life. It is very individual and varies from patient to patient. The period depends upon how complicated the surgery was and what the physical state of the patient before the surgery was. You are likely to return back to normal quicker if you were in a very healthy state before surgery. Most people return to work between two and four weeks after surgery, however, to some it might take longer than that.

If your abdominal muscles were strong and if you had a tighter abdominal wall, it is most likely that your recovery period will last shorter. You may start easy action after three days after surgery. Light exercise is recommended to all the patients, even those who have never done exercise before surgery. This prevents from formation of blood clots, decreases swelling and improves the healing process. You should however avoid hard exercise and lifting until you are allowed by your surgeon. It usually takes four to six weeks until strenuous exercise can be attempted.

Your scars may look worse for the first few months but you should not worry as they will start disappearing after about five to six months after surgery. Your surgeon may recommend you to apply a special topical cream at the sight of the scar area in order for the scars to heal quicker and become invisible. You might feel quite depressed after surgery since the results do not become visible very soon. This is considered to be normal as many patients feel down and unhappy until they see the actual results. You should just remember why you chose to have the surgery in the first place and concentrate on your goals.

If you have any complaints about your health, surgery results or pain after surgery, do not hesitate to consult your doctor. You are highly recommended to come for a check up in a month after your surgery.

Recommended e-books:

- Burn fat without surgery
- 10 days easy diet
- 60 sec to weight loss success
- Weight loss
- Lose fat easily