

#4

What you need to do after tummy tuck outside sleep?

#1

To get out of bed

Patients should be careful when getting out of bed to avoid straining the skin of the lower abdomen.

#2

Take Pain medication

Avoid using sedatives that contain stimulants because they may prevent you from sleeping.

#3

Make bed a ritual

#4

Talk to your Physiotherapist

Talk to him about your options and how you can sleep better during the most critical stages of the recovery process



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How To Sleep After Tummy Tuck?