

## Post-operative Instructions

### Complete Abdominoplasty

#### Bandages:

- ✓ You stay at the clinic for two nights. The postoperative care involves administering medicine (analgesic, and if necessary, antibiotics and anti-thromboembolism medicine) as well as regular checks on the patient's state.
- ✓ During the first check-up, the bandages are changed and the wound is checked and rinsed with disinfectant. A new bandage is placed over the area. The surgical drains (normally two) used during the operation are removed on the third day following the operation.
- ✓ You must not remove the bandages! This can only be done by qualified personnel at the Clinic.
- ✓ In the immediate post-operative period (one month), the elastic garment can be taken off only for the time necessary for personal hygiene. After this, you should still wear the elastic garment for 6 to 8 more weeks, especially during physical activity and certain strain. The bandage aids the healing process and helps to enable ease of movement.

#### Regime and Rest:

- ✓ During the post-operative period, you can expect to feel pain. The wound is very sensitive, especially when moving, coughing and deep breathing. Rest is of vital importance. **The ideal resting position is on the back, with the body and legs slightly elevated to reduce, as much as possible, any post-operative complications such as bleeding, haematomas or swelling.** However, some of these are likely to appear.
- ✓ You should avoid sudden movements and physical strain. Even at home, it is recommended to maintain the resting position on the back, with the body and legs slightly elevated to rest the abdominal wall.
- ✓ Get plenty of rest.
- ✓ Follow balanced diet.
- ✓ Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- ✓ Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your physician.
- ✓ Do not drink alcohol when taking pain medications.
- ✓ If you are taking vitamins with iron, resume these as tolerated.

#### Activities:

- ✓ Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- ✓ Do not drive until you are no longer taking any pain medications (narcotics).
- ✓ Do not drive until you have full range of motion with your arms.
- ✓ No lifting greater than 5 lbs. for 6 weeks. This can be modified by your physician.
- ✓ Resume sexual activity as comfort permits, usually 2-3 weeks postoperatively.

- ✓ Avoid straining of abdominal muscles. Strenuous exercise and activities are restricted for 6 weeks.
- ✓ Return to work in 2-4 weeks.

#### **Incision Care:**

- ✓ You may shower 48 hours after removal of all drainage tubes.
- ✓ Avoid exposing scars to sun for at least 12 months.
- ✓ Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- ✓ Keep steri-strips on.
- ✓ Keep incisions clean and inspect daily for signs of infection.
- ✓ No tub soaking while sutures or drains are in place.
- ✓ Wear your compression garment 24/7 for 6 weeks post op.
- ✓ Place daily soft dressing over incisions and around drain sites to wick away moisture and to prevent irritation by garment along the incision line
- ✓ Sleep with head slightly elevated and pillows under your knees to decrease tension on your incision.

#### **Massages:**

- ✓ It is possible to apply pressure massages one week after the stitches have been removed or absorbed, if recommended by the doctor.
- ✓ Special lotions or gels minimising scars or haematomas can also be recommended by the physician.

#### **Undesirable Habits:**

- ✓ Smoking and addictive substances generally speed up ageing and slow down the healing process; they should be avoided (at least one to two months).

#### **Possible Reactions after the Operation:**

- ✓ Normally your temperature may rise slightly for a period of two to three days. An analgesic can easily ease the discomfort connected to any possible pain in the area operated upon.
- ✓ You might experience pain in the area of the scars. This is quite common but an analgesic can ease it.

#### **Possible Complications:**

- ✓ Post-operative bleeding, or bleeding caused by insufficient post-operative care at home.
- ✓ Prolonged healing
- ✓ Haematomas
- ✓ Infection of the wound
- ✓ An imperfect effect resulting from non-observance of the post-operative instructions given by the doctor.
- ✓ Maximum discomfort will occur the first few days.
- ✓ You will have bruising and swelling of the abdomen. The majority of bruising and swelling will subside in 6-8 weeks.
- ✓ You may feel tired for several weeks or months.
- ✓ You will walk slightly bent forward and gradually return to normal posture over next 3 weeks.
- ✓ Scars will be reddened for 6 months. After that, they will fade and soften.

- ✓ The scar will extend from near one hipbone to the other, low on the abdomen.

**When to Call:**

- ✓ If you have increased swelling or bruising.
- ✓ If swelling and redness persist after a few days.
- ✓ If you have increased redness along the incision.
- ✓ If you have severe or increased pain not relieved by medication.
- ✓ If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- ✓ If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- ✓ If you have bleeding from the incisions that is difficult to control with light pressure.
- ✓ If you have loss of feeling or motion.

These instructions are based on a normal post-operative condition. Healing and recovering are highly individual processes and apart from the patients' capacity to heal these also depend on their conscientiousness and respecting the post-operative instructions.

We would love to see how the healing process went and if you are satisfied with the results. Could you please send us some pictures after 2-3 months after the surgery so we can evaluate the results of the treatment.

**Cosmetic Surgery Post-operative Care:**

For full post-operative care, including wound dressings, removal of sutures, wound fluid aspiration and general advice following the surgery, our patients can receive preferential rates at:

**Medical Express Clinic**

117a Harley Street  
London W1G 6AT  
Tel: 02074991991

or

**Karen Marwood-Jones R.G.N.**

4 Upper Wimpole Street  
London W1G 6LF  
Tel: 07901822393

The cost of the consultation will vary, according to the nature of your surgery. For standard wound care and suture removal, MediCzech patients will be charged only £80 per session.

or

**Judith Jobling, RGN. RM. INP. LLB (Hons)**

Aesthetic and Bariatric Nurse Specialist and Band Fill Practitioner

Beauty Is Skin Deep  
3 Chiltern Avenue, Flixton  
Manchester M41 8SX  
Tel: 07947606275

Free personal consultation at clinic which is situated near motorways and close to the Trafford Centre. Evening and weekend appointments available. Home visits can be arranged at extra cost.