

Pre and Post Operative Instructions ABDOMINOPLASTY

BEFORE SURGERY

1. Purchase and bring with you the day of surgery your elasticated girdle/corset in the size we advised.
2. Ask your G.P. if they would kindly perform a blood test for FBC & U&E and post the results to the hospital please before your surgery.

AFTER SURGERY

1. You may return from theatre with an I/V (intra-venous) drip, which is replacing any, lost body fluids to prevent dehydration. This is to be expected after surgery.
2. You are encouraged to mobilise gently for the first few days. We encourage you to be as comfortably active as possible. Movements of the limbs "on the spot" and walking are perfect initial activities.
3. Wound must be kept dry until the dressings are removed (usually at your first pre operative visit). After your stitches are removed we prefer for you to shower only for one week as we do not want your stitches to sit in bath water.
4. After this surgery you can expect to have leakage of fluid. The leakage, if it happens, can continue for up to a week.
5. We want you to drink liquids as much as you can (water is always best). This will replenish your fluids preventing dehydration and shock and flush out the surgically injected fluids.
6. You are advised to limit your activities. Avoid strenuous exercise for 6 weeks.
7. Do not drive a car during the first week.
8. Your support garment should be worn 24 hours per day for the first 2 weeks after surgery. After the first 2 weeks your garment must be worn during your waking hours. You may take it off at bedtime ONLY. You need to wear your garment for 6 weeks post operatively. This garment is to help your skin adhere to the muscle wall. Remember that you want the best result possible.
9. Moderate discomfort is to be expected during this time. Should you have pain not relieved by your prescribed medications, please call.
10. If you experience any unusual swelling or bleeding at the incision site, call your Surgeon or the Hospital immediately. After two weeks, women and men who are in physically undemanding occupations can normally return to work. You should gradually be returning to a normal routine with the exception of heavy lifting, stretching and athletic endeavours. At the end of 6 weeks, you can usually resume a normal life.
11. Returning at any time to a physically demanding job must be approved by the surgeon.

Please note this hospital has a no smoking policy