

## **ABDOMINOPLASTY AFTER CARE INSTRUCTIONS**

On the first day after surgery the energy and the mood of patients can vary, it is important to work with the nursing staff to get out of bed early, and at the very least to walk to the bathroom. This helps to maintain the blood flow to the legs and arms and to reduce stiffness and swelling.

Walk stooped-over, bent at the hips for 3-5 days. Sleep with your hips flexed, the back of the bed supported, pillows can be placed below the knees to keep them slightly flexed.

Keep wearing the white anti thrombosis stockings until discharged from hospital. Do not allow relatives or friends to sit on your bed-linen (to avoid bacterial contamination).

Drink plenty of water, 8 or more glasses per-day. Keep on a soft diet for 3 days, avoid spicy food and carbonated drinks, eat slowly. If constipated ask the nursing staff or your chemist for Lactulose.

Wear the binder continuously until the first dressing change. Make sure the binder does not wrinkle or roll-up, keep it spread across the abdomen. Call for help from the nursing staff to adjust the binder if need be before leaving the hospital.

The sponge micro-foam tape and padding applied at the end of surgery, will usually be removed at between 7 and 11 days. Micropore™ tape should be kept across the scar for 12 weeks to reduce the potential for scar widening. Patients can shower (with help) after the first post-operative review.

Some patients develop fluid in the layers of the abdominal wall after surgery. If this happens contact Mr Grant via the hospital or via 01223 550881 so that we can arrange to aspirate this using a syringe.

Avoid exercise for 4-weeks, stress on the abdominal muscles will stretch or break the sutures in the first month after surgery. Sexual activity can be resumed at 4-weeks but should avoid significant abdominal movement. If you notice vaginal burning, or itching, this could be a fungal infection caused by the antibiotic used during surgery. Your general practitioner or chemist can supply Canesten anti-thrush treatment.

At 4 weeks start low impact exercise, walking against a gradient, using an exercise bike. Aim to slightly raise the heart and respiratory rate, but do not become sweaty or breathless. At 6 weeks continue low impact exercise but upto a level wear sweat forms, still able to hold a conversation. At 8 weeks slowly increase your activity but avoid high impact sport (aerobics/squash/football).

Call Mr Grant through the hospital or via 01223 550881, if there are any signs of infection which includes spreading redness in the skin, fever, or increased pain.