

## POST OPERATIVE CARE FOR: ABDOMINOPLASTY & SUCTION LIPECTOMY (Tummy Tuck)

The surgical dressings will be removed approximately one week after surgery. The abdomen will appear swollen and bruised. **The operative swelling will subside over the first week to 10 days. However, it usually takes up to two to three months for the remaining swelling to disappear.**

After any sutures are removed you may wash the abdomen with gentle soap.

Try to avoid looking in mirrors immediately after surgery. No matter how thoroughly we discussed the operation, you will see something you didn't expect, i.e. more swelling, discolouration, etc. We will inform you of your progress in your frequent post operative visits. It will usually be better than you imagine.

Sensation of the abdomen will be diminished or absent post operatively. It will slowly return over a period of time. Some areas may permanently remain with slightly less than normal sensation.

Strenuous activity, i.e. heavy lifting, bending over, aerobics, etc. should be restricted for 6 weeks after surgery. After this, you may slowly increase your activities.

### WHAT TO EXPECT

- § Swelling and bruising
- § Inability to fully stand up
- § Tightness in the abdomen
- § Loss of feeling on lower abdomen

### HOME CARE/RESTRICTIONS

- § Sleep with head on two pillows and abdomen flexed with the aid of pillows under the thighs
- § Keep dressing on at all times or until instructed to remove
- § It may be necessary to walk in a stooped position or with knees bent
- § **No** aspirin, **use** Panadol or prescribed pain medication
- § **No** heavy lifting (greater than 5kg), climbing and **no** driving
- § **No** alcohol
- § Take a stool softener (Metamucil) to minimise straining

### CALL FOR ADVICE

- § Excessive pain
- § Excessive bleeding or swelling
- § Fever higher than 38°C
- § Difficulty breathing, persistent nausea or vomiting

***The information included in this sheet is general information only. Please contact the surgery on 9380 0333 or alternative phone numbers as shown on your appointment card if you have any concerns regarding your post operative recovery.***