

# Abdominoplasty

## Post Op Instructions



### Rest

- ✓ Go home and rest.
- ✓ Sleep with head elevated and knees bent up for the first week to reduce tension on the abdomen.
- ✓ Walk in a bent over position.
- ✓ When resting, flex calves to maintain leg circulation and avoid clots in the veins of the legs.
- ✓ Overnight, remain within 1 hour's distance of the surgery in case of complications.

### Bleeding

- ✓ Minor bleeding, which may show through dressings, for the first 24-48 hours post operatively is normal.
- ✓ If bleeding is prolonged or heavy, contact Dr Belt on the numbers below.

### Wound Care

- ✓ Support garment to be worn day and night for 6 weeks following surgery
- ✓ Remove your garment for showering

### Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

### Constipation

- ✓ Maintain daily, soft bowel motions by taking supplements such as Fibogel or Metamucil.
- ✓ Drink at least 8 glasses of water per day.

### Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
  - Increased pain, temperature and flu-like symptoms
  - Widespread redness
  - Offensive discharge coming from the wound.

### Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- ✓ Avoid sexual activity for 4 weeks post-operatively.
- ✓ Try gentle exercise, ie light walking
- ✓ Do not drive a motor vehicle for 14 days post operatively.

At any time during office hours my Registered Nurse - Sally, is available to help with any concerns you might have pre & post operation. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

### Contact Numbers for Dr Belt:

Office: 07- 3852 6800

Mobile: 0414 752 358

Pacific Plastic Surgery Clinic, Level 1, 38 Misterton Street, Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.