

# NATHAN STEWART



## ABDOMINOPLASTY

### **Immediately after surgery**

You will wake up in the recovery room and will typically spend two nights in hospital.

You will have dressings over your incision sites and usually a narrow plastic drain is placed either side of your lower abdomen to prevent fluid and blood collection. Your support garment will be placed on you whilst in theatre and should be worn for up to 6 weeks after surgery to control potential swelling and promote healing, also providing comfort and support. Please ensure you have purchased your garment before your surgery date and bring to hospital with you.

### **Duration of operation**

Abdominoplasty involves removing excess fat and skin, whilst tightening or repairing the anterior abdominal wall. Depending on the individual and techniques used, the operation typically takes 3 hours. Liposuction is often used concurrently with an abdominoplasty to further sculpt the abdomen. You will undergo general anaesthesia.

### **Post-operative activities**

Week 1: During the first week post-surgery you need to rest and let your body heal. No chores, no work, no exercise and no driving. A friend or family member should help you during this time. However, walking around the house helps the blood circulate in your body and prevents any blood clots from forming.

Week 2: You may commence light activities which doesn't involve straining or bending.

Week 3: You can generally start to drive but avoid longer trips. Usually you can return to work as long as you avoid intense physical activity.

Week 4: Generally, you can return to light sports activities and gradually work your way up to what you were used to.

Week 6: At this stage you should be fully fit to return to previous activities.

### **Support garments**

You should wear a compression garment and abdominal binder for 6 weeks after surgery 24 hours per day. BreastCare WA provide recovery compression garments and can be

contacted on 9361 1300 or email [info@breastcarewa.com.au](mailto:info@breastcarewa.com.au) Visit the website [breastcarewa.com.au](http://breastcarewa.com.au) for more information.

### **Dressings**

Do not wet the dressings until after the gauze has been removed with the first dressing change in my rooms, 3 to 4 days after surgery.

After the first dressing change you may shower as normal and keep the dressings intact but dry them thoroughly with a hairdryer on a low setting. The dressings will be changed again in my rooms around the second week after surgery. You are then encouraged to keep the tapes on for a further week to support the incision sites. After week 3 you may take off the tapes and start using Strataderm silicone scar therapy gel. Ensure your incision site is clean and dry, apply a very thin layer twice per day.

### **Follow up appointments**

Your first visit will be scheduled to see my nurse in the first few days following your surgery for a dressing change, and again around the 2<sup>nd</sup> week after surgery to see my nurse and myself for a post-operative consultation. You should then schedule an appointment to see me around the 6 week post-operative mark. You have additional reviews at 3 months and 6 months. These are at no cost.

If any questions arise after you have left your consultation, or should you want further information, please feel free to call my rooms on 08 6373 0116.

### **Medications**

Take all medications and oral antibiotics as prescribed and follow all instructions that may accompany the medications, such as taking with food, avoiding alcohol and driving restrictions. Please contact my rooms if you have any issues with your medications.

### **Photographs**

Pre-operative photographs are usually taken to aid in planning and performing surgery and become a permanent part of your patient record. The photographs do not show your face and are completely confidential. Post-operative photographs may also be taken with your permission.

### **Unexpected Problems**

**If you develop a sudden onset of pain, fever, breast swelling/redness, nausea and vomiting, bleeding, dizziness, shortness of breath, rapid heartrate, or rapid breathing contact me immediately on 08 6373 0116 during business hours or 0417 473 509 after hours.**

This information is general information only. Please contact the clinic on (08) 6373 0116 if you have any concerns regarding your post-operative recovery.

**AFTER HOURS: PLEASE CONTACT ME ON MY MOBILE: 0417 473 509**