

Abdominoplasty – aftercare information

Plastic Surgery Patient Information Leaflet

Introduction

This booklet is for people who have had an abdominoplasty. It aims to answer queries that you may have after your operation.

We wish you a full and speedy recovery from your procedure and hope you find the following advice helpful.

What is an abdominoplasty?

It is also sometimes known as a ‘tummy tuck’. We perform this procedure to remove excess fat or skin after essential abdominal surgery.

What can I do when I get home?

You can carry out light activities but not too much as it may delay the healing process. In particular, for six weeks:

- Do not do any heavy lifting or excessive stretching (such as lifting small children or shopping bags).
- Avoid doing any heavy housework such as vacuuming, ironing, hanging out the washing.

Everybody is different but you may feel tired after you get home from hospital. However, although you need to rest, lying in bed during the day is not good for you because it increases your risk of developing blood clots, constipation and a chest infection.

Walking is an excellent exercise for you, so try to take a short walk every day. It is also quite safe for you to go up and down the stairs from your first day home.

In addition, take all the medication you are prescribed.

If you smoke, please try not to as it will delay the healing process.

The wound

If your stitches are not dissolvable, you will need to have them removed. You will be given an appointment for this before you leave the hospital.

You may be asked to wear a support girdle or Lycra shorts. This supports the scar and helps it to fade quicker. It also reduces swelling in the operated area. This will give you a better quality scar.

If you have any bleeding, please contact the plastic surgery specialist nurses for advice on 01384 456111 ext. 4547 (9am to 5pm, Monday to Friday).

Does the dressing need to be changed?

Leave all the dressings in place and keep them completely dry until your next follow up appointment. If the dressings fall off, please contact the plastic surgery specialist nurses for advice on 01384 456111 ext. 4547 (9am to 5pm, Monday to Friday).

Can I have baths and showers?

You will be given instructions about this before you leave hospital.

What do I need to look out for at home?

When you go home, if there is anything that makes you think there may be some infection, however minor, please see your GP so they can check it early. Signs of a possible infection are as follows:

- Swelling
- Discharge or oozing from the wound
- A lot of heat around the wound
- Redness around the wound

Can I drive?

It is very important that you check with your insurance company as to when you can drive again after surgery. Some insurance companies will not allow you to drive for a certain amount of weeks after surgery.

You should also make sure that you can sit in your car, fasten the seatbelt, press all the pedals and turn your head without any discomfort. You should be able to do an emergency stop.

Do not drive if you have any discomfort that may distract you.

What happens now?

You will be sent an outpatient follow up appointment through the post. If you cannot keep this appointment, please contact us as soon as possible to make another one. Please contact:

**Outpatient Booking Team 01384 365100
(8am to 6pm, Monday to Friday)**

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Plastic surgery specialist nurses on 01384 456111 ext. 4547
(9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/plastic-surgery/>

If you have any feedback on this patient information leaflet,
please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔