



## Abdominoplasty Procedures

## POST-OP

### Pain

Post-operative pain is normal but the intensity can differ between individuals. You can expect pain for up to 4 weeks after your surgery. Analgesia will be given to you during your hospital stay and made available to you on your discharge if still required. Please refer to the Medications section below.

It is important to remember that all patients are individuals and recovery after surgery will be different for each patient. Your post-operative recovery will depend on many factors such as your current health problems and whether you will have support when returning home.

It is imperative that you remember that you have undergone major abdominal surgery. Your muscle and tissue will need time to recover from the surgery.

### Wound

After the surgery, a drain will be placed in the wound to help prevent fluid build-up. The drain will often be removed before discharge from the hospital. The wound site is to be kept clean and dry. The stitches are usually dissolvable but if not, they will be removed in 7-9 days. A waterproof dressing will be applied to your wound before discharge. This is to be kept on for 7-10 days. If the dressing falls off before this time you will need to have this re-dressed. Keep your wound dry during this time to avoid infection.

You may experience some numbness in the skin between the navel and the wound as well as a 'tugging' sensation at your abdomen. Initially, you may be more comfortable moving around slowly in a 'bent-over' position to avoid this feeling. This may prevent you from standing completely straight but this will fade over time.

### Swelling and Abdominal Binders

Bruising and swelling around the wound site is normal. To help compress the swelling, it is crucial to purchase an abdominal binder. These binders can be purchased from [www.traceyg.com/post-surgery-compression](http://www.traceyg.com/post-surgery-compression). Your abdominal binder should be worn at all times except when showering. Please ensure you bring your abdominal binder with you to the hospital on the day of your surgery.

### Hospital Admission

You will be admitted into hospital for 4-5 days after your procedure. This is to ensure you are recovering well after your procedure. Please ensure you pack all materials necessary during your hospital admission: abdominal binder; warm clothes; chargers for your electronics; and any medication you may take.

### Food

You will be able to drink fluids 4 hours after your operation. As the Analgesia can cause constipation, it is crucial to maintain a high fibre diet and drink lots of fluids. This is to ensure there is no straining when passing motion as your first few bowel movements may be uncomfortable.



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### Nausea and Vomiting

Some people are very sensitive to surgical procedures. Nausea and vomiting may occur as a result of the general anaesthesia, the procedure performed or the medication prescribed.

If you have nausea and vomiting, please do the following:

- Keep well hydrated with frequent small drinks of clear fluids. It is recommended that you drink water, lemonade or diluted fruit juice. Avoid milk.
- Cease your medications, as in most cases the nausea and/or vomiting is related to the antibiotics prescribed. Once these have been ceased the nausea and/or vomiting will usually resolve.
- Contact Dr Daoud's office at Greenslopes if the nausea and/or vomiting persists.

### Activities

You cannot drive any motor-vehicles or operate machinery for 1 week after surgery. You must not drink any alcohol, as alcohol and prescribed medication is a dangerous mix. You must also check with your car insurance to ensure you follow their guidelines as well.

You can return to full activities 6 weeks after surgery. Until then, the only exercise you can do is walking.

### Medication

You will generally be prescribed pain killers. It is imperative that you notify Dr Daoud of any allergies you have to medications. If you are taking medications prescribed by your doctor you need to return to your normal dosage schedule as soon as possible after surgery unless directed otherwise.

### Post-operative review

You will need to contact Dr Daoud's office when you are discharged from hospital, to make a post-operative review for two weeks after your surgery.

### Infection

If you develop a post-operative infection, remember it will not generally appear until 1-2 weeks after your operation. If this does occur, please contact Dr Daoud's office to book an appointment. You will normally be prescribed a course of antibiotics after your surgery whilst the drain is in to prevent infection. This will cease once the drain is removed.

*It is important that the full course of antibiotics is completed.*



DR MARK DAOUD  
M.B. B.S. F.R.A.C.S.  
SPECIALIST SURGEON

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### Problems

Post-operative complications are uncommon, but if they do occur please contact Dr Daoud's office for advice.

Please feel free to call our rooms during office hours or mobile after hours if any doubt arises as to your progress or recovery, especially if any of the following occur:

- Increasing or persistent pain after 4 or 5 days.
- Any swelling around the wound site.
- Redness or heat around the wound site.
- Persistent nausea or vomiting.
- Persistent discharge from the wound site.
- Shortness of breath.
- Swelling in legs or calves.

Please do not call your referring doctor, or local GP before you contact Dr Daoud's office. Our office number is **07 3397 8499** and we are open from Monday-Friday 8:30am-5:00pm.

### Return to work/school

You will need to be off work for 2 weeks after surgery. If you require a medical certificate, please call Dr Daoud's rooms and one will be arranged. During this time, you will not be able to do any heavy lifting, straining, bending, pushing or pulling. Dr Daoud will review you after these two weeks at your post-operative appointment. If you have been cleared to return back to work from Dr Daoud, you are to be on light duties only. This has a 5kg lifting restriction with no bending, straining, pulling etc. 6 weeks after surgery you should be right to resume to full activities.

As always, if you have any questions or concerns about anything regarding your procedure, please call our rooms on  
**(07) 3397 8499.**