

**Adelaide
Plastic
Surgery**
Abdominoplasty



**Discharge
Information**

Abdominoplasty

Discharge Information

Bleeding

It is normal for the suture lines to ooze blood for 24–48 hours.

If the area bleeds:

- Lie down.
- Apply firm pressure over the area for 20–25 minutes.
- Ice packs can be applied to assist in controlling the bleeding.
- If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 Monday to Friday 9.00am to 5.00pm.
- Outside of these hours please call 8213 1800 and listen to the message. You will be provided with contact details for our on call surgeon or nurse.

Pain or discomfort

Discomfort and pain immediately after your operation is normal, and your doctor may prescribe a pain reliever. Do not drive while you are taking prescription pain relievers or sedatives.

Aspirin based pain relief should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

If the pain worsens over the first few days please phone and speak to one of our nursing staff.

Note: *Driving is not recommended until you can move comfortably. It is also advisable that you check with your insurance company.*

Care at home

It is usual to have some numbness in the skin especially in the lower central tummy area, and the abdomen will feel swollen and tender.

You will be required to wear your support garment day and night for 6 weeks from the day of surgery unless advised otherwise by your surgeon.

The garment helps control the bruising and swelling, gives support and helps reduce your pain.

Patients often purchase two garments, to allow one to be laundered while the other is worn.

A plastic tube may be inserted to drain off the excess fluid. This will remain in place until the drainage is minimal and is removed by the nurse, usually a day or two after your surgery. Your sutures will be removed on day 10–14 or you may have dissolvable sutures.

Do not have a shower until your drains have been removed

After this, you can shower leaving the tape intact. Pat dry the tape or blow-dry with a hairdryer on a cool setting. If the tapes come off before your next appointment leave your wound open. Do not swim or have a bath.

Strenuous activities should be restricted for at least 4–6 weeks after your surgery. Walking and light exercise is okay after 2 weeks. Sex can be resumed when you feel comfortable. Your surgeon will instruct you when you can return to work, usually 2–3 weeks depending on your job.

If you smoke, quit! Smoking interferes markedly with healing and is a risk factor in cancer.

Scar management

All surgeries result in scarring. To help you to achieve the best results, a number of options suitable to your particular circumstance will be discussed at the appropriate time once healing has occurred.

Any concerns

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

In case of an emergency

Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

We deal with whatever life deals out

Plastic, Cosmetic
& Reconstructive
Surgery

General Surgery,
Surgical Oncology
& Breast Surgery

Cosmetic &
Laser Physicians

Nurse Injectors

Level 4, 18 North Tce
Adelaide SA 5000
T +61 8 8213 1800
F +61 8 8213 1811
admin@apsa.com.au
www.apsa.com.au