

A/Prof Christopher Coombs

PLASTIC, HAND & COSMETIC SURGERY

Post Operative Advice Abdominoplasty

- When you return from theatre your abdomen will be dressed across the suture line and you may have a drain tube with a small bottle at either end of the suture line or at one end. This will be removed when the drainage has stopped, which is usually 24 to 48 hours post op.
- Your stay in hospital is dependent on the extent of your surgery and will be assessed by A/Prof. Coombs. Normally you are in hospital for one - two nights.
- You should be aware of the possibility of bruising and swelling, this varies greatly between individuals, both will usually resolve within three months.
- Your dressings will be changed in the hospital before discharge and we will make an appointment for you to be checked in the rooms a week later. The sutures will be removed the following week. At this time if the wound is dry it will be left open and you should moisturise and massage the suture line to help it heal well. We will then book a follow up appointment for 6 weeks.
- You may have a wide elastic belt or fitted garment to wear for support and compression. This is to be removed only for bathing and showering. For the best results this should be worn for at least 6 weeks.
- Your dressings are waterproof. Bathe as usual, patting dressings dry. If these dressings become wet, contact the rooms of A/Prof. Coombs.
- Avoid heavy lifting or excessive exercise until instructed otherwise.
- Following your surgery, rest as much as possible to assist in your recovery.
- Walk with a normal position as possible.
- If you experience pain, take Panadol or Panadeine, or what is prescribed for you. If this does not provide adequate relief, please notify us.
- Report any excessive discomfort or bleeding and if you have any questions regarding your recovery, please contact the Brighton rooms of A/Prof. Coombs on 03 **9591 0714**.

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