



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
MB.ChB. (Stell) FC Plast Surg (SA) | Practice no: 0230197

ABDOMINOPLASTY

PRE/POST-OPERATIVE INSTRUCTIONS

Beauty, vitality, form, function and balance in all things.

PRE-OPERATIVE INSTRUCTIONS

- It is not a pre-requisite to shave your pubic area, but you may wax or shave 1 week prior to surgery.
- Prepare your skin for 3 weeks before surgery with Dermalac Lotion and Vitamin A, C & E Body Oil from Environ.

POST-OPERATIVE INSTRUCTIONS

- Deep breathing is encouraged. Blow up a glove 4 to 5 times - inhaling and exhaling. We will provide a surgical glove.
- Get plenty of rest.
- Keep a soft pillow with you at all times. Should you need to cough or sneeze, place the pillow firmly over your abdomen to decrease discomfort.
- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake. A good stool softener, such as Movicol, may be used.
- Take pain medication strictly as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Be aware that there may be some sensation loss around the navel and on the incision line for a few months. Do not stand too close to or lean against hot surfaces or use a water bottle on your abdomen until sensation has fully returned.

ACTIVITIES

- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots developing in your legs.
- Do not drive until you are no longer taking any pain medications.
- No heavy lifting for 6 weeks.
- Resume sexual activity as comfort permits, usually 2 to 3 weeks post-operatively.
- Avoid straining of abdominal muscles. Strenuous exercise and activities are restricted for 6 weeks.
- Return to work in 2 to 4 weeks.
- If you have a car with power steering, you can start driving after 2 weeks.

INCISION CARE

- You may shower only after your post-operative appointment, once original dressings have been replaced with waterproof dressings or Micropore (usually 4 days post-operatively).
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Apply Micropore to the incision lines for 3 months or as directed. Change every 7 to 10 days. Do not remove the tape every day as it will cause irritation of the surrounding skin.
- Keep incisions clean and inspect through Micropore daily for signs of infection or oozing.
- **DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.**
- Incision areas may be massaged through the Micropore for the first 3 months.
- ScarScience, available from the therapists, should be applied from 6 weeks post-operatively, over the Micropore for another 6 weeks, and then on the incision directly for another 3 months post-operatively.
- No soaking in the bath while sutures or drains are in place.
- The abdominal binder must be worn 24/7 (except when showering) and you must – at all times – ensure it is positioned correctly to decrease the risk of fluid build-up.
- Sleep with a pillow under your knees and your head elevated on 2 pillows.

WHAT TO EXPECT

- Abdominal drains will be removed when draining less than 30 ml over 24 hours (1 to 5 days).
- Most of the sutures are buried and dissolve in 6 to 8 weeks.
- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- You may also feel emotional and a 'bit down' between day 5 and 10.
- You may experience temporary pain, soreness, itching, numbness of abdominal skin and incision discomfort.
- You will have bruising and swelling of the abdomen. The majority of bruising and swelling will subside within 6 to 8 weeks.
- You may tire easily for several weeks.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za